

# **MAZDAZNAN**

## **Dietetics and Cookery-Book**

*Cooked and Uncooked Foods.  
What to Eat and How to Eat It.*

**Dr. O. Z. Ha'nish.**



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**MAZDAZNAN**

**Dietetics**

AND

**Cookery=Book**

BY

**Dr. Otoman Zar-Adusht Ha'nish.**

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## FOREWORD.

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**I**N presenting the **Mazdaznan Dietetics and Cookery-Book** to the English-speaking people, we need advance no claims, but simply say : Pick out what is best, and let nature do the rest. We are certain that a long-felt want will be supplied through the information, advice and counsel contained in this volume ; and it will become an impetus unto a thorough study of **Scientific Living**, which alone assures what we all long for: a life of never-ending joys. Should we succeed in adding one more joy and happiness to the daily lives of our patrons, we shall feel amply repaid for our efforts.

Ever remembering the seeker after Truth,

We shall remain in all humbleness,

OTOMAN ZAR-ADUSHT HA'NISH.

ADVENT, 1913.



# CONTENTS.

## PART ONE.

# Dietetics.

	Page		Page
FOOD COMBINATIONS AT A		Persimmons ... ..	40
GLANCE.		Plums ... ..	41
Grains ... ..	14	Pomegranates ... ..	41
Pulses ... ..	14	SMALL FRUITS.	
Vegetables ... ..	15	Blackberries ... ..	41
Fruits ... ..	16	Cranberries ... ..	41
Small Fruits ... ..	17	Currants ... ..	42
Nuts ... ..	17	Gooseberries ... ..	42
Dairy Foods ... ..	18	Raspberries ... ..	42
Miscellaneous Foods ... ..	18	Strawberries ... ..	42
GRAINS.		Dainty Dessert ... ..	42
Their Value ... ..	19	NUTS ... ..	43
Bread Making ... ..	21	DAIRY FOODS.	
Cereal Foods ... ..	26	Milk and Cream ... ..	44
VEGETABLES ... ..	28	Cheese ... ..	44
FRUITS.		Schmierkase ... ..	44
Their Virtue and Use ... ..	32	Butter ... ..	45
Fresh, Dried and Tinned ... ..	35	Eggs ... ..	45
Apples ... ..	37	CONDIMENTS AND SPICES ... ..	47
Apricots ... ..	37	OILS.	
Bananas ... ..	37	Olive Oil ... ..	48
Banana Cream ... ..	38	Salad Oil... ..	48
Cherries ... ..	38	Cottonseed Oil ... ..	48
Dates ... ..	38	Sunflower Seed Oil ... ..	48
Figs ... ..	38	Improved Soup Oil ... ..	49
Grapefruits ... ..	38	Oils in General ... ..	49
Grapes ... ..	38	Peanut Oil ... ..	49
Lemons ... ..	39	Indian Corn Oil ... ..	50
Nectarines ... ..	39	Sesame Oil ... ..	50
Oranges ... ..	39	Cocoanut Oil ... ..	50
Peaches ... ..	40	RAW FOOD ... ..	51
Pears ... ..	40		
Pineapples ... ..	40		

	Page		Page
DIETARY IN A NUTSHELL.		In Kidney Troubles	71
How to Eat and Drink	52	Mental or Intellectual Foods ...	71
Work and Overwork ...	54		
Mastication the Key to		POINTERS TO INVALIDS...	72
Digestion ... ..	55		
Food for the Mind ...	55	HINTS TO SUFFERERS	73
IMPORTANT HINTS ... ..	59	Curry Powder ... ..	74
		Spiced Condiments ...	74
SEASONABLE AND ECONOMIC		Gherkins ... ..	75
STUDIES ... ..	60	Dill Pickles ... ..	76
		Mustard Cucumbers ...	77
HEALTH RULES ... ..	62	Tea for Invalids ... ..	77
		Milk Diet ... ..	77
DIETARY RULES ... ..	63	Lemon Diet ... ..	78
GENERAL FOOD RULES... ..	64	MENUS AND SEASONABLE	
Grains, Cereals, Nuts,		DIRECTIONS ... ..	79
Green Vegetables,			
Fruits ... ..	64	BILL OF FARE FOR A	
INVALIDS ... ..	65	SIMPLE LIFE ... ..	79
THEIR NEED TO CHANGE		Menus for Christmas	
CLIMATE ... ..	65	Week ... ..	79
		Directions for the	
DIET FOR INVALIDS ...	68	Christmas Season	80
Rejuvenating Foods	68	Menus for the Winter	
For General Im-		Season ... ..	81
provement ... ..	68	Directions for the	
For Vitality and		Winter Season ...	82
Mental Strength...	69	Directions for the	
For Cure of Constip-		Lenten Season ...	82
ation ... ..	69	Menus for Easter	
For Moral Strength	69	Week ... ..	84
Fattening Foods ...	69	Directions for Easter	
Thinning Foods ...	70	Week ... ..	85
Foods Promoting		Menus for the Early	
Immoral and Sex		Spring Season ...	86
Troubles ... ..	70	Menus for the Mid-	
To Eliminate Sex		Spring Season ...	87
Troubles ... ..	70	Menus for the Late	
Heart Troubles ...	70	Spring Season ...	89
Nervousness ... ..	71	Directions for the	
Indigestion and Dys-		latter part of	
pepsia ... ..	71	Spring ... ..	90
In Lung or Pulmon-		Menus for the Sum-	
ary Troubles ...	71	mer Season ...	90



	Page		Page
Menus for the Autumn Season ...	91	The Efficacy of Fasting	205
Directions for the Autumn Season	93	Selection of Time for Fasting ... ..	208
HINTS OF THE SEASONS ...	94	Steps Necessary Preceding a Fast ... ..	209
WINTER.		Where One Should Take the Fast ... ..	210
December ... ..	94	How to Conduct the Fast ... ..	211
January ... ..	105	Breaking the Fast and Rules After Fasting ...	214
February ... ..	111	Valuable Hints from Scientific Fasters ...	217
SPRING.		Fasting for Thirty-three Days... ..	217
March ... ..	118	Scientifically conducted Thirty-day Fast ... ..	219
April ... ..	128	Fasted Fifty-six Days ... ..	221
May ... ..	134	Fasted Forty-two Days ... ..	221
SUMMER.		Cancer and Tumour Removed by Fasting ... ..	223
June ... ..	145		
July... ..	155		
August ... ..	166		
AUTUMN.			
September ... ..	171		
October ... ..	179		
November ... ..	186		
THE MEAT QUESTION ... ..	196		
HOW TO FAST SCIENTIFICALLY	205		

## PART TWO.

# Cookery=Book.

	Page		Page
BREADS AND BISCUITS.		Honey Bread Fingers ...	228
Anise Zwieback ... ..	226	Indian Corn Batter Bread	228
Barley Joy Biscuits ...	226	Indian Corn Bread ...	228
Bread Sticks ... ..	226	Indian Corn Pone ...	229
Breakfast Bread ... ..	226	Neily Bread ... ..	229
Brown Bread ... ..	226	Nut Biscuits ... ..	229
Chestnut Bread ... ..	227	Oriental Fruit Bread ...	229
Daily Bread ... ..	227	Oriental Indian Corn Bread ... ..	230
Force Cakes ... ..	227	Poppy Bread Shapes ...	230
Fruit Bread Strips ...	227	Potato Bread ... ..	230
Graham Bread ... ..	228	Promotive Bread ... ..	231
Health Biscuits ... ..	228		

	Page		Page
Promotion Bread Balls ...	231	Bean Soup ... ..	245
Promotion Food ... ..	231	Bouillon Souci ... ..	245
Rye Bread ... ..	232	Celery Soup (No.1) ...	245
Salt-rising Bread ... ..	232	Celery Soup (No. 2) ...	245
Steamed Brown Bread ...	232	Cereal Soup ... ..	246
Sun-baked Bread ... ..	233	Consommé Vegetal ...	246
Table Bread ... ..	233	Cracked Barley Soup ...	246
Unfermented Whole Meal		Cream of Beans Soup ...	246
Bread ... ..	233	Cream of Cheese Soup ...	247
Whole Meal Bread ...	234	Cream of Tomato Soup	247
<b>CEREALS.</b>		Garlic Soup ... ..	247
Baby Food ... ..	235	Grain-tomato Soup ...	248
Cracked Wheat ... ..	235	Grain-vegetable Soup ...	248
Cream Toast ... ..	235	Milk Soup ... ..	248
Farmers' Rice ... ..	236	Nut Soup ... ..	248
Grain and Fruit Salad ...	236	Onion Soup ... ..	248
Grainoena ... ..	236	Parsley Soup ... ..	249
Grainol ... ..	236	Pea Soup ... ..	249
Grainutta ... ..	237	Rice-macaroni Soup ...	249
Grape Grain ... ..	237	Rice Soup ... ..	249
Onion, Apple and Wheat		Soup for Invalids ... ..	249
Dish ... ..	237	Sweet-potato Soup ...	250
Plain Dish ... ..	237	The Broth ... ..	250
Plain Wheat Dish ... ..	237	Tomato Soup ... ..	250
Popcorn ... ..	238	Vegetable Soup ... ..	250
Rolled Oats ... ..	238	Vegetable Stew ... ..	250
Savoury Wheat Dish ...	238	An Endless Variety of	
Shredded Wheat ... ..	238	Soups ... ..	251
Steamed Wheat ... ..	239	<b>SALADS.</b>	
Sweet-corn ... ..	239	Beet-root Salad ... ..	252
Taroetta ... ..	239	Cauliflower Salad ...	252
Wheat Dish (No. 1) ...	239	Cucumber Salad ... ..	252
Wheat Dish (No. 2) ...	239	Delicia Salad ... ..	252
Wheat Gruel ... ..	239	Egg Salad ... ..	253
Whole-wheat Mess ...	240	Fig Salad ... ..	253
<b>FRITTERS AND PANCAKES.</b> ...	241	French Fruit Salad ...	253
All-day Pancakes ... ..	241	Fruit Salad ... ..	253
Fruit Pancakes ... ..	242	Fruta Salad ... ..	253
German Pancakes ... ..	242	Jarrah ... ..	253
German Potato Pancakes	242	Lettuce Salad ... ..	254
Griddle Cakes ... ..	243	Macedonian Salad ...	254
<b>SOUPS.</b>		Nasturtium Salad ...	254
Asparagus Soup ... ..	244	Nut-celery Salad ... ..	254
Barley Bon ... ..	245	Nut-fruit Salad ... ..	254
		Onion Salad ... ..	254

	Page		Page
Plain Egg Salad ... ..	255	Turnips ... ..	263
Plain Potato Salad ... ..	255	Vegetable Dish ... ..	264
Potato Salad ... ..	255		
Raw Salad ... ..	255	CREAMS AND DRESSINGS.	
Royal Potato Salad ... ..	255	Amina ... ..	265
Royal Salad ... ..	256	Apple Cream ... ..	265
Salsify Salad ... ..	256	Decimayannaise ... ..	265
Spinach Salad (No. 1) ... ..	256	French Dressing ... ..	266
Spinach Salad (No. 2) ... ..	256	Mayonnaise ... ..	266
Tomato Salad ... ..	257	Nice Dressing... ..	266
Vegefruit ... ..	257	Nut Cream ... ..	266
Vegetable Salad (No. 1) ... ..	257	Nutol Cream ... ..	267
Vegetable Salad (No. 2) ... ..	257	Oil Dressing ... ..	267
Vegetable Salad (No. 3) ... ..	257	Orange Cream ... ..	267
Waldorf Salad ... ..	257	Pineapple Cream ... ..	267
		Pine Kernel Cream ... ..	267
VEGETABLES.		Plain Mayonnaise ... ..	267
Asparagus ... ..	258	Poppy Cream ... ..	267
Baked Beans ... ..	258	Simplicity Dressing ... ..	268
Beans ... ..	258	Sweet Cream Dressing ... ..	268
Beets ... ..	258		
Boiled Onions ... ..	258	SAUCES.	
Cabbage ... ..	259	Bread Sauce (No.1) ... ..	269
Carrots ... ..	259	Bread Sauce (No. 2) ... ..	269
Cauliflower ... ..	259	Browned Sauce ... ..	269
Celery ... ..	259	Brown Sauce ... ..	269
Cucumbers ... ..	259	Cream Sauce ... ..	269
Dandelion ... ..	259	Italian Sauce ... ..	270
Endive ... ..	260	Mint Sauce ... ..	270
French Beans... ..	260	Mushroom Gravy ... ..	270
Indian Maize ... ..	260	Mushroom Sauce ... ..	270
Sweet-corn Timbales ... ..	260	Nun's Butter ... ..	270
Mixed Dish ... ..	260	Sweet Sauce ... ..	270
Mushroom Delicacy ... ..	261	Sweet Tomato Sauce ... ..	271
Oyster Plant ... ..	261	Tomato Sauce (No. 1) ... ..	271
Peas ... ..	261	Tomato Sauce (No. 2) ... ..	271
Potatoes ... ..	261		
Potato Soufflé ... ..	262	ENTRÉES, OR SAVOURY	
Sauerkraut ... ..	262	DINNER DISHES. ... ..	272
Spanish Beans ... ..	262	À la Famille ... ..	273
Spanish Sweet-corn ... ..	262	À la Simple ... ..	273
Spinach ... ..	262	A la Sultana ... ..	274
Stuffed Egg-plant or Au-		Cheese Ramekins ... ..	274
bergine ... ..	263	Chestnut Savoury ... ..	274
Stuffed Tomatoes ... ..	263	De Carotte ... ..	275
Tomatoes ... ..	263	De Noix ... ..	275
		De Pois en Cosse ... ..	275

	Page		Page
De Vegetal ... ..	275	Rice Fritters ... ..	288
Formula No. 1 (Fruits		Salsify Fritters ... ..	288
Nuts and Cereals) ...	276	Sweet-corn Fritters (No.1)	288
Formula No.2 (Vegetables		Sweet-corn Fritters (No.2)	288
Nuts and Cereals) ...	276	Tomato Fritters ... ..	288
Indian Curry Savoury ...	276	Vegetable Fritters ... ..	289
Macaroni with Cheese ...	277		
Macaroni-cheese Rissoles	277	PICKLES AND KETCHUPS.	
Midnight Dish ... ..	277	Cucumber Relish ... ..	290
Naturalia ... ..	278	Indian Chutney ... ..	290
Noodles and Cheese ... ..	278	Persian Pickles ... ..	290
Oriental Wheat Dish ...	278	Piccalilli ... ..	291
Peanut Fruit ... ..	279	Pickled Beet-roots ... ..	291
Peas Roast ... ..	279	Tomato Ketchup ... ..	291
Plain Dish ... ..	279		
Prunatuna ... ..	279	EGGS.	
Royal Macaroni ... ..	280	Apple Omelet... ..	292
Spaghetti Italienne ... ..	280	Aubergine Omelet ... ..	292
Spaghetti Sauce ... ..	280	Belgrad Eggs ... ..	292
Spaghetti with Tomatoes	280	Beulah Egg ... ..	292
Spamutta ... ..	281	Cheese Omelet ... ..	293
Spanish Rice ... ..	281	Columbus Eggs ... ..	293
Spanish Spaghetti ... ..	281	Custards ... ..	293
Stuffed Mangoes or Bell		Deviled Eggs ... ..	293
Peppers ... ..	282	Hard Boiled Eggs ... ..	294
Taharani ... ..	282	Lenten Chops ... ..	294
Urana ... ..	282	New Omelet ... ..	294
Welsh Rabbit ... ..	283	Poached Eggs with Mush-	
		rooms ... ..	295
RISSOLES.		Poached Eggs on Toast...	295
Cheese Rissoles ... ..	284	Poaching... ..	295
Chestnut Rissoles ... ..	284	Scrambled Eggs ... ..	295
Peanut Rissoles ... ..	284	Soft Boiled Eggs ... ..	295
		Spanish Omelet ... ..	296
FRITTERS AND PATTIES.		Sultana Egg ... ..	296
Apple Fritters ... ..	285	Swiss Eggs ... ..	296
Aerated Sweet - corn		Tomato Scramble ... ..	296
Fritters ... ..	285	Vegetable Omelet... ..	296
Banana Fritters ... ..	285	Yokohama Eggs ... ..	297
Bread Fritters (No.1) ...	285	Youlka Egg ... ..	297
Bread Fritters (No. 2) ...	286		
Butter Bean Patties ... ..	286	SANDWICHES.	
French Fritters ... ..	286	Cheese Sandwich ... ..	298
Jolly Boys Fritters ... ..	286	Divers Sandwich ... ..	298
Parsnip Fritters ... ..	287	Fig Sandwich ... ..	298
Plain Potato Fritters ...	287	Fruit Sandwich ... ..	298
		Ginger Sandwich ... ..	299



	Page		Page
Olive Sandwich ... ..	299	Raisin Pie ... ..	310
Peanut Sandwich ... ..	299	Rhubarb Pie ... ..	310
Raisin-nut Sandwich ... ..	299	Treacle Tart ... ..	310
Savoury Sandwich... ..	299	Strawberry Tart ... ..	311
		Sweet Tart ... ..	311
PUDDINGS AND CUSTARDS.		CAKES AND MUFFINS. ... ..	312
Amber Pudding ... ..	300	Almond Biscuits ... ..	313
Apple Cobbler ... ..	300	Angel Cake ... ..	313
Apricot Pudding ... ..	301	Beaten Biscuits ... ..	313
Sauce for Apricot Pudding	301	Cake Nuts ... ..	313
Chestnut Pudding ... ..	301	Chocolate Glace ... ..	313
Chocolate Pudding ... ..	301	Chocolate Layer Cake ...	314
Christmas Pudding ... ..	301	Chocolate - marshmellow	
Cocoanut Custard ... ..	302	Cake ... ..	314
Cocoanut Pudding ... ..	302	Cocoanut Cookies ... ..	314
Dried Apple Custard ... ..	302	Cranberry Filling ... ..	315
Fruit Pudding ... ..	302	Cream Cake ... ..	315
New England Bread Pud-		Doughnuts (No. 1) ... ..	315
ding ... ..	302	Doughnuts (No. 2) ... ..	315
Nut Pudding ... ..	303	Dutch Frosting ... ..	316
Orange Custard ... ..	303	Fruit Cake, Par Excellence	316
Orange Marmalade ... ..	303	Ginger Bread ... ..	316
Prune Pudding ... ..	304	Ginger Cake ... ..	317
Queen Custard ... ..	304	Graham and Rye Muffins	317
Steamed Fruit Pudding	304	Health Scones ... ..	317
Sultana Plum Pudding...	304	Indian Corn Muffins ... ..	317
Tapioca Pudding ... ..	305	Marshmallow Filling ... ..	317
Uncooked Pudding ... ..	305	Mazdaznan Cake ... ..	318
PIES AND TARTS.		Nut Biscuits ... ..	318
Crust for Pies and Tarts	306	Nut-fruit Cake ... ..	318
Apple-custard Tart ... ..	307	Nut-fruit Filling ... ..	318
Apple Pie ... ..	307	Nut-fruit Short Cake ... ..	319
Buttermilk Filling... ..	307	Oatmeal Flakes ... ..	319
Cheese Tart ... ..	307	Popovers ... ..	319
Custard Tart ... ..	307	Prairie Muffins ... ..	319
Date Tart ... ..	307	Quick Biscuits ... ..	319
Fig Tart ... ..	308	Ray's Short Cake ... ..	319
Fruit Pie... ..	308	Sand Hearts ... ..	320
Jelly Tart ... ..	308	Short Cake ... ..	320
Lemon Curd Tart ... ..	308	Sponge Cake ... ..	320
Mincemeat Pies (No. 1)	309	Strawberry Filling... ..	320
Mincemeat Pies (No. 2)	309	Sunshine Cake ... ..	320
Orangeade Tart ... ..	309	Tea Cake ... ..	320
Orange Tart ... ..	309	Treacle Cake ... ..	321
Plain Custard Filling ... ..	310	Wedding Cake ... ..	321
Pumpkin Tart ... ..	310		

	Page		Page
Wheat Cake ... ..	321	Cereal Drinks ... ..	329
Whole Meal Muffins ...	321	Chinese or Japanese Tea	329
NUTS AND NUT BUTTERS.		Chocolate ... ..	330
Almond Butter ... ..	322	Cocoa ... ..	330
Black Walnut and Butter-		Cocoanut Drinks ... ..	330
nut Butters ... ..	322	Cocoa Shells ... ..	331
Brazil Nut Butter ...	322	Coffee Compound ... ..	331
Chestnuts ... ..	322	Cold Tea or Coffee ...	331
Cocoanut ... ..	322	Currant Drink ... ..	331
Filberts ... ..	322	Egg Drink ... ..	331
Hickory Nuts... ..	323	Food Drink ... ..	332
Peanut Butter ... ..	323	Grape Juice ... ..	332
Peanutta ... ..	323	Health Coffee ... ..	332
Pine Kernel Butter ...	323	Health Drink ... ..	332
Walnut Butter ... ..	323	Herb Teas ... ..	332
CONFECTIONERY.		Home Coffee ... ..	332
Candied Fruits ... ..	324	Hot Lemonade ... ..	333
Chocolate Caramels ...	324	Linseed Lemonade ...	333
Chocolate Creams (No. 1)	324	Morning Drink (No.1) ...	333
Chocolate Creams (No. 2)	325	Morning Drink (No.2) ...	333
Cocoanut Candy ... ..	325	Near Coffee ... ..	333
Nut Candy ... ..	325	Oil Drink ... ..	333
JELLIES ... ..	326	Onion Gruel ... ..	334
BEVERAGES.		Orangeade ... ..	334
Apple Drink ... ..	327	Poppy Drink ... ..	334
Apple Water ... ..	327	Proper Use of Coffee ...	334
Arabian Coffee ... ..	327	Rice Water ... ..	335
Banana Coffee ... ..	328	Salted Brandy ... ..	335
Barley Coffee ... ..	328	Slippery-elm Bark Tea...	335
Barley Joy ... ..	328	Spirituous Liquors ...	335
Barley Water ... ..	328	Sweet Taste in the Mouth	336
Blackberry Wine ... ..	328	Tea Drinks ... ..	336
Bran Drink ... ..	328	Toast Water ... ..	336
Bran Lemonade ... ..	329	Vegetable Coffee ... ..	336
Bran Tea ... ..	329	Wheat Coffee ... ..	336
Cereal Coffee Blend ...	329	Wisdom Coffee ... ..	337
		INDEX ... ..	338

# **PART ONE.**



# **DIETETICS.**

# FOOD COMBINATIONS

## AT A GLANCE.

A PRACTICAL knowledge of how to select, combine, and prepare foods is necessary to conduct a dietary system successfully. Just as certain acids induce corrosion when coming in contact with certain metals, so wrong combinations of food, most frequently the mixing of acidulous foods with foods of a mineral nature, cause an injurious fermentation in the digestives, which is inimical to a natural process of digestion and assimilation.

A convenient *List of Foods* is given below, together with such other information as will enable one to make proper combinations of food, and to avoid injurious combinations. No attempt is made to enumerate a complete list, but merely to classify for practical purposes such foods as are ordinarily procurable.

### GRAINS.

Wheat  
Rye  
Barley  
Rice  
Indian Corn  
Oats  
Buckwheat

Different kinds of Grains may be used together, and they may be combined with Vegetables *or* Fruits (but not with Vegetables *and* Fruits at the same meal), Small Fruits, Nuts, and Dairy Foods.

### PULSES.

(Fertilisers)

Dried Beans  
,, Peas  
,, Lentils

Different kinds of Pulses may be used together, and they may be combined with Grains *or* Vegetables, Nuts and Dairy Foods.



When on a Pulse Diet for fertilising purposes all other foods should be discarded except Mushrooms, which are also fertilisers, and Green Vegetable Salads made with Lettuce and raw grated Beet-roots, Turnips, and Carrots. An abundance of this Salad should be used as an eliminator. Fresh sweet milk is also permissible.

### VEGETABLES.

Artichokes  
Asparagus  
Aubergines (Egg-plant)  
Beans (Green)  
Beet-roots  
Broccoli  
Brussels-sprouts  
Cauliflower  
Cabbage  
Cardoons  
Carrots  
Celery  
Chicory  
Cress  
Cucumbers  
Dandelions  
Endive  
Garlic  
Ground-cherries  
Horse-radish  
Kale  
Kohl-rabi  
Leeks  
Lentils (Green)  
Lettuce  
Marrow

Different kinds of Vegetables may be used together, and they may be combined with Grains, Pulses, Small Fruits, Nuts, and Dairy Foods ; but they should never be used with Fruits at the same meal.

Onions are an exception to this rule, and they may be used with acidulous Fruits.

Garlic should only be used for flavouring, and as a medicine.

Horse-radish may be used as a savoury, and also medicinally.

Use no water with Vegetables except in the preparation of soups and broths.

Cooked Vegetables should be prepared with Savoury Herbs.

Sugar should not be used with Vegetables, although unrefined sugar may be used in connection with baked Tubers like Potatoes, Beet-roots, Turnips, Parsnips, etc.

Melons (Musk-, Water-,  
 English, Spanish)  
 Mushrooms  
 Mustard (Green)  
 Okra  
 Onions  
 Parsnips  
 Pease (Green)  
 Potatoes  
 Pumpkins  
 Radishes  
 Rhubarb  
 Rutabagas  
 Salsify (Oyster-plant)  
 Seakale  
 Sorrel  
 Spinach  
 Squash  
 Sweet-corn  
 Sweet-potatoes  
 Tomatoes  
 Turnips

### **FRUITS.**

Apples  
 Apricots  
 Bananas  
 Cherries  
 Citrons  
 Dates  
 Figs  
 Grape-fruits  
 Grapes  
 Lemons  
 Limes  
 Mangoes  
 Nectarines  
 Olives

Different kinds of Fruits may be used together, and they may be combined with Grains, Small Fruits, Nuts, and Dairy Foods, but they should not be used with Vegetables at the same meal. Exceptions to this rule are Apples, Lemons, and Limes, which may be used with green Vegetables like Lettuce, Cabbage, Celery, Sorrel, Seakale, etc.

Milk is often injurious when used with Fruits : use Cream instead.

Do not drink water when eating Fruit.

Use no Sugar with either raw or cooked Fruits, although Honey is permissible.

Oranges  
Peaches  
Pears  
Persimmons  
Pineapples  
Plums  
Pomegranates  
Prunes  
Quinces  
Raisins  
Sultanas  
Tangerines

### SMALL FRUITS.

Bilberries (Huckle-  
berries)  
Blackberries  
Blueberries  
Cranberries  
Currants  
Gooseberries  
Loganberries  
Raisin Currants  
Raspberries  
Strawberries

Different kinds of Small Fruits may be used together, and they may be combined with Grains, Vegetables, Fruits, Nuts, and Dairy Foods.

Use no Sugar or Water with Small Fruits, although Honey is permissible. Cream is preferable to Milk.

### NUTS.

Almonds  
Barcelonas  
Brazils  
Butter-nuts  
Cashews  
Chestnuts  
Cob-nuts  
Cocoa-nuts  
Filberts

Different kinds of Nuts may be used together, and they may be combined with Grains, Pulses, Vegetables, *or* Fruits (but not with Vegetables *and* Fruits at the same meal), Small Fruits, and Dairy Foods.

Small quantities and often is better than using large quantities.

Nuts, to be of greatest value, should be

Hickory-nuts	converted into Nut Creams and Nut Butters, and combined with acidulous juices.
Pea-nuts	
Pecans	
Pine Kernels	
Pistachios	
Sapucaias	
Walnuts	

### DAIRY FOODS.

Milk	Dairy Foods may be used in some forms with all other kinds of food.
Cream	
Cheese	Fermented Cheese should not be used with any other kind of Dairy Food.
Other Milk Products	
Eggs	When taken raw no two kinds of Dairy Food should be used together.
	The germ of the Egg should always be removed before the Egg is used. It is the thick white substance that adheres to the yolk, and it is quite distinct from the ordinary white of the Egg.

### MISCELLANEOUS FOODS.

Sago, Tapioca, St. John's Bread (Locusts), and many kinds of Flowers may be used with all other foods.

Savoury Herbs should be used with Vegetables, and a pinch of Spice should be used with Fruits and Small Fruits.

# GRAINS

## AND THEIR VALUE.

SO long as man is made up of innumerable intelligences and collective elementaries to perform the work for which he is intended by Nature, and so long as self-preservation continues to be the first law in Nature, just that long he must continue to draw upon the two factors in life to perpetuate his state, and these two factors or provinces are *breath*, which sustains his intellect, and *nutrition*, which perpetuates his physical propensities.

Breath imparts the knowledge of things and upholds instinct in the grosser, and intuition, blended with reason in the more cultured, leading one's senses to make such selections from the immense storehouse of bountiful Nature as will sustain the organic functions in their healthy state.

While fruits are of excellent tonic value and vegetables are largely eliminators, neither of them contain enough nutritious value to sustain energy and vitality, although man may live on them to a goodly old age. The "*staff of life*," owing to the concentrated nature of compounds basic in their make-up, will continue to be realised by the grains, of which there are numerous varieties to select from, and which are of inestimable value in their time and season, and in accordance with climatic conditions. At times one should have barley, and at other times oats or rye, and again one should alternate these with Indian corn, rice, buckwheat, wheat, and so forth. Still, in any clime, the *wheat* will continue to remain the main product, filling the bill of fare, and sustaining perfect health.

The wheat, as well as all other grains, is an improvement due to the ingenuity of man prompted by inspiration. But although most grains are homogeneous to this planet in a wilder state, the wheat is a cross of grains perfected by the world-renowned agriculturist and horticulturist, Zarathushtra, who lived many thousands of years before Plato, according to Greek chronology.

Upon thorough examination and analysis, it is found that the wheat contains all the essential ingredients corresponding to



the elements of the human anatomy. The arrangement of its various qualities is of such a nature that, beginning at the glume as its life centre and following layer upon layer to its outer coating, every element conducive to health is embodied therein, performing or assisting the organs of the body to perform the diverse functions as commanded by Nature. In the glume we find the soluble phosphates in quantities sufficient to quicken the ganglionic system ; next to it, in the inner halves, something likened to the ovaries, and which constitute the greater portion of the kernel, are the starches and albumin, which impart heat and energy ; inclosing these ovaries are the nitrogenous substances so necessary for the sustenance of the muscular tissues ; and encircling it all like unto a protecting layer of the skin are seed coats containing potassium, sodium, calcium, and such salts as assist to convert starch into sugar and consequently quicken digestion and promote assimilation. The layer next to this contains fixed phosphates, sulphur, silicon, chlorine and other minerals which sustain the bones, teeth, sinews, etc. The outer skin has iron, magnesium and such minerals as are absolutely necessary to promote peristaltic action, assuring proper flushing of the system, giving zest and vigour to the alimentaries, a condition absolutely necessary to sustain harmonic operations throughout the more delicate system, assuring mental brightness, and sustaining man in a condition that will keep him in tune with the Infinite.

Although through manifold processes, predigestive and of electrification, all other grains may be improved to take the place of wheat, the latter will continue to hold its own, owing to the fact that no process can be devised to improve upon what Nature has so fully determined in the crystallising of organised elements. Just as water cannot be distilled to a point so fine as to equal fruit juices, so no preparing, however scientific, can bring other grains to a point so highly developed as wheat. For this reason wheat has been man's ideal food for thousands of years, and has ever been the ambrosia, the manna of heaven, unto the health of the nations.

The discovery of wheat was made quite early in the history of man and the fact became generally known that it was indeed the most balanced and most nutritious of all grain foods, supplying in

natural proportion all the properties so essential to the building and development of perfect health in the human body.

Once the full value of wheat and its treatment in preparing dishes is realised, man will be able to simplify his methods of living to the extent of realising the words of our Greater Teacher that "man lives not for food alone, but for the very word which proceedeth from the mouth of God." Yea, man will know that there are greater enjoyments, more healthful to the body, and by far more ecstatic experiences conducive to the unfoldment of treasures latent in the mind, than those induced by eating and drinking, and then again to his senses shall be recalled the wonderful words of the Master, saying: "The Kingdom of God does not consist of mere eating and drinking."

With the application of a little ingenuity man can soon learn to prepare innumerable grain dishes which will completely fill the bill; and which, used alternately in regular order, with the addition of such vegetables and fruits as are in season, gives him the assurance of reaching the goal he strives after—perfect health, prolonged happiness, and a harmonious home.

## BREAD MAKING.

The most important problem which confronts the health-seeker is that of bread-making. Unless acquainted with the chemistry of cookery, erroneous ideas and actions often lead to the production of an article fit only for a Gatling gun. An old aphorism has it that "bread is the staff of life," but bread as it is made to-day by the majority of housewives could fittingly be dubbed the "staff of death." With reference to the aphorism, we might suggest its analysis. "Staff of life" would literally mean "supporting life," and in this sense it would be advisable to know the kinds of bread which are and which are not life-supporting, that discrimination may the more easily be made.

The bread used by the majority of American and European people is made from white wheat flour, or fine flour, and contains 75 per cent. starch. As there is no nutriment in starch, this kind of bread leads to partial starvation. Many physical and mental derangements may be traced to its excessive use. Budding manhood

and womanhood subjected to the strain of school-room work, often reap as their reward the blighting touch of brain fever instead of a meritorious education, when nerve force is depleted by partaking unwisely of carbonaceous foods. Children should not be given white bread, especially when spread with butter. It acts as a slow poison to their systems and lays the foundation for untimely ill-health.

All superfine flours now on the market are sadly deficient in food values, which have been lost in the milling process and it is neither profitable nor safe to use them to any extent in bread-making (biscuits and griddle cakes are included in the category).

There is a white flour called "low-grade," procured generally only at a flouring mill, which contains good food value. It is a creamy yellow in colour, and if properly used will make nutritious bread. The cost is less than one-half that of the "high patent," and it is far superior as a food, though, of course, somewhat inferior to the whole-wheat or graham flour.

Most graham flour on the market is merely a blending of patent flour and coarse bran.

Whole-wheat flour is not truly whole wheat, but is merely called so because of the demand for whole-wheat flour. The whole of the wheat ground never makes pure white flour, but is rather yellowish and when baked into bread is of a dark colour.

The whole wheat ground in a Mazdaznan Mill will give better satisfaction in the making of bread than any flour ground in a regular mill, unless that mill uses the old-fashioned stones for grinding purposes. But even then the flour should be used while it is fresh and not be exposed to air and moisture.

For daily use unfermented bread only should be used for food, as yeast bread increases the fermentative action, destroying the life-giving properties of the food and forcing alcoholic productions upon the organism which prove detrimental to the heart, and consequently to the nervous system.

After a little practice it will become just as easy to make the unfermented as it is to make yeast bread.

The secret of making unfermented bread, and making it light and sweet, is to have fresh flour, using it while warm. Metal



burrs affect the grain in grinding to a great degree, especially when the metal becomes heated during the milling process, consequently only as much grain as needed is to be ground.

It is an established fact that Indian corn which has been ground in an old-fashioned mill will rise when baked even without baking powder, and, in fact, be lighter and more palatable than corn ground in roller mills. Roller-ground Indian corn necessitates the use of baking powder, and when used for such purpose never comes up to the old-fashioned Indian corn bread. What is true of Indian corn and wheat is also true of every other grain and cereal.

It has been demonstrated by chemical analysis and innumerable experiments that wheat contains all the elements necessary to sustain life indefinitely. By the use of whole-wheat and graham flour the "staff of life" will ever be at hand to stay the presence of the "grim destroyer." Many new brands of such flour are now on the market, all possessing points of merit. Equal proportions of bolted flour and middling, or shorts, will make a fine bread.

Next to wheat, as food grains, come rye and barley. Barley though rich in nitrogenous matter, is deficient in true gluten, and must therefore be mixed with either wheat or rye to make good bread. Rye contains more saccharine than does either wheat or barley, and its nitrogenous matter is closely allied to casein, making it an admirable food.

Oats as a food can be considered as such only during cold weather, or in the northern clime, but even then it must be combined with enough vegetables or fruits to eliminate its heating properties. Combined with other grains, it serves a good purpose in its own season. Oatmeal porridge, unless cooked in a double boiler for from five to seven hours, is practically indigestible and exceedingly harmful to children.

Buckwheat should be used sparingly on account of its heating properties. It will overheat the blood and cause skin eruptions unless combined with the free use of large quantities of fruit.

Rice, when unpolished, serves as an excellent article of food,

and combined with fruits and vegetables is equal in nourishing properties to wheat, providing it is not swamp-raised. Polished rice, sago, tapioca, arrowroot, etc., are from 75 to 90 per cent. starch, and may be used sparingly when combined with foods of greater value.

Maize, or Indian corn (yellow variety), is rich in carbon in the form of oil, and very valuable as food in cold climates for generating bodily heat. Little, if any, should be eaten in summer. Corn meal readily spoils because of the ease with which the fatty matter undergoes oxidation. White, or southern, corn contains less oil and may be used as food at all times of the year, though with less benefit than wheat or rye.

The use of yeast in bread-making is not advisable unless baking is thorough. The process of fermentation, when not checked by sufficient heat during baking, continues after the bread has been taken into the stomach, and when that organ is in a weakened condition great distress is a result. Statements have been erroneously made that the yeast plant is destroyed during baking, but if investigation is made it will be found that the crust is practically the only portion of a loaf of bread which is entirely free from ferment. All this may be demonstrated by soaking a piece of white yeast bread in a cup of warm water for four hours and noting the changes which take place.

White yeast bread should not be eaten unless it has been toasted to a golden brown in a moderate oven, but not on top of the stove. The browning process changes the starch to dextrin, which is nutritious and easily digested, and also effectively destroys the ferment.

Scientific investigation has shown that the excessive use of white yeast bread is one of the prime causes of inebriety. As there is a considerable amount of alcohol in this kind of bread, its use creates a morbid craving for ardent liquors. For this reason many persons are wedded to white yeast bread like a bibber to his morning glass. Should those sanctimonious, motherly souls, working so diligently in the ranks of the Temperance Societies, turn their attention toward the exclusion of meat, yeast bread and starch foods from the family table, intemperance would be a thing of the past.

Our confinement to white bolted flour foods and bake-wares has driven man to the excessive use of flesh meats. Our forefathers used very little or no flesh because they had wholesome bread, which constituted the "staff of life"; they used vegetables in season and made good use of fruit juices, fermented and unfermented. Give us good bread and whole-grained foods, eaten in moderate quantities, and the flesh pots of Egypt will be left behind even as Israel left a state of bondage.

Hot bread, rolls and biscuits for supper are synonymous with "midnight visions," delightful sensations in the epigastrium, and timely visits from the family doctor. A word to the wise is sufficient.

The "sour-dough" method of bread-making should be decried. It is indelicate, and savours of degeneration. The same may be said of "soured-batter" hot cakes. Cooking changes conditions to a certain extent, but does not remedy the evil. The human stomach is not a fitting receptacle for such ferment, it having passed beyond that stage eons ago.

Baking powders, as a rule, are not blessed with purity, and most of their effervescing properties are due to the presence of alum and ammonia, both highly injurious to the system. Pure baking powder is composed of tartaric acid and bicarbonate of soda, and the combination of these two chemicals forms rochelle salts. The habitual use of bread made with this agent, though it might be termed medicated, is very unhealthful, producing dyspepsia and various stomach ailments.

"Sour-milk-and-soda" may be classed with the objectionable methods of bread-making. It is almost impossible to judge the correct quantity of each article to use, and an excess of either will result in a disordered stomach.

Flour should be kept dry, and the least dampness will affect it. Bread made with milk will be whiter and better than that made with water. The milk should be boiled, not simply heated; nor should it be allowed to get below a lukewarm temperature. Milk bread needs little or no shortening, and less flour is required than when water is used. An earthen vessel should be used in preference to wood or tin, as it can be kept cleaner and will better preserve the temperature of the "sponge."



Salt raised bread is highly recommended, but it requires some practice to make good wholesome bread.

Potato bread may be used with safety, providing potatoes are of a mealy kind and equal quantities of milk and hot water are used, adding one tablespoonful of sugar to every quarter teaspoonful of salt, making it all into thin batter, and allowing it to stand in a warm place for an hour before turning it into a sponge cake batter. Use one tablespoonful of sugar to four medium-sized potatoes.

We used to make a very fine bread by mixing "seconds" with "middlings" or "shorts," and, with a vegetable or a fruit in season, had greater endurance and a happier time than all the daintily and scientifically prepared foods could produce.

## CEREAL FOODS.

In the preparation of cereals for food there is a great advantage in roasting before boiling. Roasting or browning changes the starch into dextrin, which is easily assimilated, while boiling only forms it into a slimy mass, which is difficult to digest. The saving of time is an important item, especially when preparing breakfast, and grain preparations first baked require only five to fifteen minutes' cooking, while in a raw state they must be boiled from one to seven hours to make them edible.

Rolled wheat may be sufficiently cooked in one hour, while maize meal and oatmeal require five to seven hours' careful boiling.

All wheat preparations, such as farina, wheatlet, farinose, etc., should be placed into a hot oven for three to five minutes and then sprinkled dry into a saucepan of boiling water. Stir until they reach the boiling point and begin to thicken, then push back where they boil slowly for ten to thirty minutes. Do not cook them in a double boiler, because the heat generated is not sufficient to separate the starch cells without prolonged cooking. The average temperature in a double boiler rarely exceeds 180 degrees F., which is only adapted to the proper boiling of eggs, other foods requiring not less than 212 degrees.

If possible, prepare your own cereals, as the aroma of freshly ground and prepared grains is the essence or the life of the grain.

All grains or grain preparations such as rice, sago, tapioca, hominy, etc., should be boiled over a quick fire.

Pulses, like beans, pease, lentils, etc., are counted among the vegetables, and require treating whether in a ripe or green state. When rolled or flaked they are to be used in the same way as sago or rice, and are best when combined with the latter.

Grains as well as pulses may be used with milk or fruit juices, and prove nourishing when combined with nut creams freshly prepared.

Oils used with grains and pulses should be added with the water so as to allow thorough mixing, thus making them more digestible. In ordinary cases oil will not be readily digested unless cooked.

The old-fashioned oatmeal, rolled and flaked oats, barley and wheat are in many respects more commendable than the pre-digested foods or toasted preparations. Rolled wheat and oats put in the oven to dry, but not toasted, will prove more palatable than any of the scientifically prepared dishes, and better than steamed cereals.

People advanced in years should have their grains and cereals malted or soaked in water for three or more hours, in accordance with season and climate, and boiled for two to five hours, using with the dish a fair quantity of white syrup and sweet cream. Particularly good in generative troubles. Fresh-ground wheat with cream will prove a better dish to correct peristaltic movements than any pills or potions known.

When eating grains prepared or unprepared a quantity of fruit or fruit juices should be combined with them.

Avoid sugar on cereals, especially when milk or cream is used, as their mixture causes rapid fermentation and produces dyspepsia.

If you require sweets, use sweet fruits.

## VEGETABLES.

THE chemical analysis of diverse vegetables is too well known to all students of the vital question, namely, the Problem of Perfect Life, to repeatedly dwell upon it here. Furthermore, the analysis of foods from a chemical standpoint alone does not suffice where one concerned in the use of food has not learned to make his selection suitable to his nature. First of all, one must remember that vegetables are of value to the consumer only during the vegetable season, according to the local market, and of medicinal value out of season to the invalid only.

Vegetables are not in their entirety foodstuffs ; they are in accordance with kind and quality of hydrogen, oxygen, phosphorus, sulphur, iron, nitrogen, and many other ingredients nutritious only when combined with breadstuffs, grains or cereals. Vegetables are, owing to their greater quantity of liquids or hydrogen and minerals contained in them, classed as eliminators, and are of inestimable value and they are a necessary part of a well-balanced meal to furnish flushing and waste matter for the more solid grain, nut and dairy foods, besides furnishing valuable salts and acids of medicinal value, thus stimulating the various digestive organs.

Vegetables which ripen above the ground are preferable as food for man, as they contain a greater percentage of organised salts and acids, as well as nutritious elements, sustaining proper organic action. They should be served with trimmings of fresh parsley, mint and sage.

Vegetables which ripen on the ground are valuable as to their toning qualities and thus splendid eliminators ; when used with aromatic seeds in small quantities they help to expel foreign organisms, bacteria, entozoa, etc. These aromatics are anise, caraway, fennel, dill, celery and zedvar.

Vegetables that ripen above the ground should be used as salads, consequently in their natural state, and when prepared should be sliced with a sharp knife, cut in a chopper, or if of a leafy kind, should be cut with scissors. When cooked, they should not be allowed to boil in water, but in clarified butter, olive or vegetable



oils, or half and half. The butter or oil should come to a heating point, readily extracting the liquid from the gradually added vegetables by virtue of steaming. By keeping the vessel over a slow fire, these vegetables will soon boil in their own liquid and when nearly done boiling water may be added if these vegetables are to be used for a broth or soup. Neither salt nor flavours should be added until ready for serving.

Green vegetables, which are to serve as stock for soups, broths, gravies, consommés, bouillons, etc., may be cooked in water that is just beginning to boil and that has been slightly salted, allowing one tablespoonful of salt to two quarts of water. Water that has been boiled for a long time becomes flat and destroys the flavour, and appearance of the vegetables. Cooked green vegetables will improve through the addition of one bay leaf to the quart of water.

Green vegetables which are to serve as a dish should be boiled as above, and after ten minutes' boiling the first water should be poured off, then the butter or oil desired should be added, and a fresh supply of water which has been heated in another vessel may be slowly added up to the desired quantity, at all events only enough to keep the vegetable from getting scorched. This process removes the poisonous acids which might otherwise prove injurious.

When vegetables matured on the ground are to be used as a cooked dish, they should be cooked in as little water as possible, and boiled quickly with a little oil to hasten the process, the vessel always being kept covered at the start. When nearly done add rich cream, but do not allow it to boil, but simply to reach the heating point. Green parsley, finely cut, and wilted in hot butter for a minute or two, will add to the medicinal value of the cooked vegetables matured on the ground.

Vegetables which ripen beneath the surface should be used very sparingly, and only during cold weather, as they contain largely soil substances not congenial to the health of man, particularly the more highly organised as to functional arrangements. But even here we may find good use of them when scientifically prepared and combined with savouries of diverse kinds, and powdered herbs and roots.

Vegetables reaching maturity below the ground can be used in their raw state as quick operating eliminators, but in small quantities only, owing to their largely poisonous acids. As food-stuffs they develop nutritive value chiefly through roasting or baking in hot ashes or in the oven. When to be boiled in their skins, or in additionally wrapped skins, like Indian corn and palm leaves, they must be boiled quickly and in soft water, or water lightly softened with borax or bicarbonate of soda, adding whole aromatic seeds to the boiling water in sufficient quantities, viz., one to three pinches to the quart of water. If boiled with their peels pared off they should be boiled quickly, and in just enough water to have them done the moment all water has boiled away. Then these vegetables should be thoroughly mashed and prepared with cream or butter, and put into an earthenware dish to bake in the oven for the purpose of dextrinising, adding a sprinkle of cheese to cover the top of a dish one inch in depth, adding another sprinkle to each additional depth.

In boiling odoriferous vegetables, like onions, garlic, asparagus, cauliflower, etc., a very small quantity of cayenne pepper and a few sprigs of parsley put in the water will somewhat neutralise the disagreeable odour and, still more, keep the odour from spreading when such vegetables are boiled in milk or buttermilk.

All vegetables intended for food should be strictly fresh, which condition is indicated when they break or snap crisply. Home-grown vegetables, such as lettuce, pease, beans, spinach, carrots, sweet-corn, etc., should be gathered in the morning when wet with dew. Vegetables are improved by being put in cold water before cooking.

Wilting savouries and herbs should not be used until they have dried thoroughly in the shade. As long as fresh ones are procurable do not use dried savouries.

Once vegetables have wilted and cannot be redeemed through the chilling process they should be discarded as food for man, as wilted vegetables will do more to impair peristaltic action than any other one thing.

The tops of beets, radishes, turnips, etc., should not be



cast aside, as they make a fine vegetable dish. When they are cut fine and cooked in butter, with additional cream, and flavoured with parsley and mustard leaves, a combination of vegetable tops will prove an excellent eliminator of particular value to those suffering from fibroids, tumours and cancers.

Okra, brussels-sprouts, cauliflower, spinach and tomatoes should never be steamed in water. The saucepan should be well oiled or buttered, and the vegetables allowed to steam slowly in their own juice. An asbestos casserole or a double boiler is recommended.

French artichokes should be steamed in just enough water to keep them from burning, and to have them done in forty minutes. When nearly done, salt them to taste, and allow them to steam for just a few minutes longer.

Speaking of cooking vegetables, a wise man once said that if you throw away the water in which vegetables have been boiled, you might as well put on green spectacles and eat shavings.

## FRUITS, THEIR VIRTUE AND USE.

AS water was not intended for man, but for beasts and for the creations of the earth, Nature has most wisely arranged her processes in the vegetable kingdom to distil the mineral waters through the growth of highly organised vegetables and fruits to assist man in his labours in beautifying the earth through the reclaiming of her deserts, and to relieve him of redeeming the waters so as to make them wholesome and nutritious.

Of all the products in the vegetable kingdom fruits are Nature's highest achievement in the effort of creating *distilled water*, and as a water of life not only to tone up the action of the organs, but also to assist assimilation as well as elimination. Fruits are Nature's panacea for human ills. They contain all the medicinal properties needed to keep man in a state of health, and judiciously compounded or used with discretion as well as guided by proper selection in time and season corresponding to man's temperament, basic principles and natural inclinations, prove the safest and surest means unto prevention of disease, assuring perfect health of body, and promoting unfoldment of mental propensities as well as psychic talents, assisted by spiritual endowments, revealing to man what he has failed to discover or to learn in all his academic studies and lifelong bitter experiences.

The judicious use of fruits in accordance with climatic conditions will "cool the fevered brow and stay the footsteps tottering to the grave." As there is such a great variety of fruits it is scarcely possible to speak separately of every one in a publication with limited space, but mention will be made of the most important and those commonly known, or those indigenous to the British Isles. Then, too, every person differs from every other person in temperament, and consequently in tastes, and no iron-clad rule can be given which will govern all cases. Every person must learn through hunger and self-imposed fasts, through right thinking

and simple living, how to determine the proper selection of fruits most congenial and effective to his particular nature. The principal proportion of each fruit mentioned will be given and deductions must be drawn accordingly.

All fruits, whether for eating or cooking, must, of course, be sound, and eaten slowly. They should be scraped, grated or thinly sliced, or eaten in very small bites at a time, so as to mix with saliva and the fruit to act as it was intended, as an eliminator, an assimilator, a tonic, and a medicine. Most fruits are best in their suncooked state, when cool and highly flavoured. They should be eaten fresh and in season.

When a certain fruit, otherwise to one's liking, seems too tart, do not use sugar, but mix it with a sweet fruit. In that case the tart fruit will become palatable and will not lose its virtue.

Small fruits such as strawberries, raspberries, blackberries, bilberries, gooseberries and currants, are excellent eliminators, providing they are ripe and sweet. If tart, they should be soaked in orange or grape juice or in sweet cream. Never use sugar with fresh fruits of any kind.

Apples and pears may be grated, thinned with orange or grapefruit juice, and served with whipped cream.

Peaches, bananas, apricots, figs, nectarines, plums and pomegranates should be sliced and the sweet combined with the tart so as to make a sub-acid dish which will prove of inestimable value to those suffering from indigestion and liver complaint.

Bananas should be mashed when to be eaten alone and served with grape juice and whipped cream, or baked with rice or used as fritters.

Dates do not reach us in their ripe state, but cured, and are eliminators only when combined with figs, while with additional nut cream they will be an excellent and nutritious food to those caring for a heavy dish.

Cherries should be eaten by themselves, and two different varieties should be indulged in, the sweet and the hearty ones, black and red, and black and white. They are "food for the gods," and much might be said of their valuable properties. Eat cherries daily while they last, and make a meal of them. Consumptives,



catarrhals and those suffering from hay fever will find the cherry a remedy.

Grapes, like cherries, should be eaten by themselves, but it is well to combine two or three varieties. The white alone prove of value to rheumatic and dropsical people. Catarrhal and bronchial people should not use any grapes. The fresh juice of grapes, particularly of the black or blue, will be of medicinal value to all those suffering from over-accumulation of salts and acids, if used in small quantities at a time, several times a day, and to the amount of one pint a day, for the period of six weeks.

Grapefruits are best during winter and early spring.

Lemons are of inestimable value all the year around, and may be used advantageously to redeem saccharine fruits and fruits although very acidulous yet of high flavour. Fruits that otherwise would prove too tart will be increased in medicinal value when prepared with lemon juice. The limes may be used in the same way, although less advantageously.

Fresh fruits, when cooked with fresh water lose a great deal of their medicinal value. A little distilled water may be used or well-filtered rain water just to enable the fruit, through steaming, eventually to cook in its own juice. A little sweet butter may be added to raise the temperature, and thus retain the flavour. Sugar should not be used, but syrup, honey or molasses may be added just a few minutes before the dish is to be taken from the fire.

Flavours may be used in their original natural state, such as tonka beans or vanilla pods, cinnamon bark and cloves. They should be added about fifteen minutes before the dish is to be taken off the fire when they should be removed, as allowing these sticks to remain in the dish will rob the fruit of its delicate flavours and depreciate its medicinal value.

Orange, citron and lemon peels may be used in the same way as the flavours and to great advantage.

Disease germs of a mineral nature may be readily eliminated from the system through a judicious selection of fruits. To effect a cure it will be necessary for the northerner to use the fruits of the extreme South, or the tropics, while the equatorian should confine himself to northern products. In this case it will not be

necessary for either of them to leave their place of business, as change and recreation does not imply change of scenery, but *change of methods*.

If fruits disagree with you, it is because of your acidulous condition, in which case your stomach no longer separates your food, but leaves the operations to the acidulous side of the digestive apparatus, leaving the salts or minerals undigested, forcing crystallisation upon the acids themselves, and consequently weakening the functional operations of the stomach and its relative organs. A little fast until absolutely hungry, in which case an old crust of bread and a sound apple will taste better than the much lauded Christmas dinner, is a means unto cure. Such fasts repeated once a week or even oftener will teach one that in reality we deny ourselves nothing of the joys and pleasures of life except—disease.

### FRUITS, FRESH, DRIED AND TINNED.

Uncooked fresh fruits should not be flavoured; fruits without a decided flavour characteristic to their kind are not wholesome and contain no remedial value, but may be redeemed and used to great advantage if combined with wholesome fruits, or if steamed.

A very wholesome dish for invalids is fruits cooked in their own juice with a little butter, and steamed in a double boiler.

Baked, as well as fried fruits, may be used to great advantage, especially by invalids.

Dried fruits can be redeemed to their natural flavour and sweetness by first washing them thoroughly but very quickly in lukewarm water, allowing to stand in cold water for four or more hours and then to simmer slowly in the water absorbed.

The use of sugar should be in the form of white syrup, honey or molasses, but the less of it used the better. To increase the natural sweetness of the fruit it is best to use a stick of cinnamon bark, vanilla bean, or the rind of lemon.

When fruit is found to be too sweet after steaming, redeem it by using the juice of a slowly baked lemon.

Dried fruits, simply boiled and sugared without allowing them to develop their original natural fullness, and then sugar-

coated, may be termed a boarding-house dish and are unfit for food, as such a dish lacks the medicinal value for which it was intended by Nature.

For the ordinarily healthy, the fruits of the local market or clime suffice to perform the natural function, and only at change of season should one in good health indulge in a radical change, subsisting on foreign fruits for three to ten days, and until he hankers after the usual régime. But when under the weather he should at once resort to foreign fruits and a change of menu.

Dried fruits, although of another clime, do not possess the same amount of medicinal value, and the effect is not at all the same, as with fresh fruits.

Tinned fruits are more suitable for garnishing and should be served on toast, biscuits or flaked grains. They serve as an excellent repast and may be used to flavour grain and nut dishes. The food value itself will be credited to the dish served with.

To redeem the tinned or bottled fruits to their medicinal value in a measure, they are to be served in thoroughly aged liquors, and should be eaten with sun-cooked or electrically prepared cereals, with abundant, rich, whipped cream.

In the absence of cream tinned fruits should be flavoured with vanilla or cinnamon.

In the absence of liquors spice them with a dash of mace, or saffron, cloves, using cream.

Peaches and pears are not to be indulged in by cancerous or scrofulous people, except when out of season, which means you must eat these fruits three to six months ahead of your local season, or go to the land lying in the opposite direction from the equator.

Apples and oranges are not to be eaten by dyspeptics except out of season, which means to say eat apples during spring and oranges in early autumn.

Make it a point to consume the diverse fruits of the local market in the order that they come in, but avoid mixing vegetables with fruits at the same meal unless the object is to induce action, but even then one is to remember that but one vegetable goes with a fruit dinner, or but one fruit with a vegetable dinner.



### APPLES

Have oftentimes been underestimated as to their royal qualities, and it is only in late years that their true values have been universally recognised. The apple may be justly considered the queen of fruits, though, of course, this has no bearing on Eve's weakness in the garden recorded by the ancient allegory. The nutritive value of the apple is about 14 per cent., and consists chiefly of carbohydrates and vegetable acids. It also contains a generous amount of phosphorus, which makes it particularly valuable to brain workers and persons with nervous tendencies ; also to children and to the aged. The apples have an additional advantage over other fruits in that they can easily be kept on hand at all seasons of the year in a fresh condition without being tinned. Only the soft and juicy varieties, when ripe, should be eaten raw ; those hard and partially unripe should be boiled, particularly the variety known as the Ben Davis. Apples are rich in iron and are valuable in cases of anæmia.

### APRICOTS

Are the result of a cross between a peach and a plum, and offer little of value for food. As a rule they are woody and often cause distress to those who eat them.

### BANANAS

Are a nutritious food when ripened in their native haunts, but those sold in northern and remote markets are to be used cautiously. Partial decomposition has taken place during the ripening process, and fermentation begins almost as soon as the fruit has been taken into the stomach. Bananas for shipment have been picked when green and often stored before ripening in damp cellars, the odours of which the fruit readily absorbs. The banana contains about 14 per cent. nutriment, consisting chiefly of carbohydrates, which, when the fruit is green, is principally in the form of starch ; but in the ripening process on the stalk this starch is changed to grape sugar and soluble starch, which form a valuable food suited to warm climates. The brown variety is sweeter than the yellow and of finer grain. Combined with other fruits and nuts may prove serviceable.

### **BANANA CREAM.**

Mash four bananas and whip one cup of sweet cream. Mix both and whip thoroughly until light. Serve with shredded wheat biscuits or with cereals heated in a moderate oven for five minutes. A dash of nutmeg or a few drops of vanilla may add to the taste.

### **CHERRIES**

Are "food for the gods" and much might be said of their valuable properties. Suffice it to say that they should be eaten whenever desired. It is well to have a quantity tinned or bottled that they may be on hand at all seasons of the year. The unfermented juice makes a valuable table wine. It may be made from jelly dissolved in the necessary quantity of water to suit the taste.

### **DATES,**

In dried state, contain 62 per cent. of carbohydrates, are very nutritious and should be eaten sparingly. Only first-class qualities should be used.

### **FIGS,**

In dried state, contain 70 per cent. carbohydrates; they are valuable as food but should be eaten sparingly. Select for use only those of first quality, as the cheaper grades contain vast multitudes of animalculæ which, when taken into the stomach, produce violent headaches. The white, sugary deposit, which may easily be seen by the naked eye, contains the animalculæ; they are visible only with the aid of a microscope. Raisins, prunes, dates, currants, etc., having these white deposits, should be carefully scrutinised for the same reason.

### **GRAPEFRUITS**

Are particularly adapted in cases of blood poisoning and are an unfailing remedy in summer complaint, skin eruptions and blood diseases in general. Should be eaten freely.

### **GRAPES**

Were of the earth when it was young and drank its glories from the gates of Paradise. No fruit has more excellent food value



than the grape. From time immemorial it has graced the tables of the rich and poor alike, and furnished them with wine unequalled by the nectar of the gods. Bread and wine are still the chief articles of diet of many who live in the Orient. The salts and acids which this fruit contains enrich the blood and do much to keep it in a state of purity. The pips and skins are indigestible and should not be eaten. A glass of wine taken at each meal instead of coffee or tea would "open wide the portals of the mind and let the light of reason in." In speaking of wine, the unfermented grape juice is meant; that which has been impregnated with ferment is not a food, though, in some cases, it may be used as a medicine. From the infinite variety of grapes, choice may be made to suit any taste. Avoid the variety known as the "Catawba," as they are poisonous to many persons.

### LEMONS

Are the most valuable of all citreous fruits, and their medicinal properties are widely known. To get the full values, they should be baked in a moderate oven until soft, care being taken that they do not burn or burst. The action of heat during baking forms organised salicylic acid, which is a valuable diaphoretic. In cases of colds and pulmonary disorders, it acts very effectively. Only organised salicylic acid, such as made from citreous fruits, especially the lemon, or pure oil of wintergreen, should ever be used as a diaphoretic; the commercial acid, which is unorganised and made from carbolic acid (a coal tar product), is a deadly poison and should in no case be taken into the stomach. Lemon juice should take the place of vinegar at all times.

### NECTARINES

Are the result of cross between a plum and a peach. They have little to commend them except that they give additional variety.

### ORANGES

Furnish a delicious juice which is refreshing and very appetising. May be taken to advantage in the morning just before breakfast. The pulp and rind should be discarded. Avoid the

use of the rinds of oranges, which contain an oil which produces a biting and stinging sensation to the lips ; the juice of the rind is poisonous to the system. The navel orange is the best variety.

### **PEACHES,**

Perfectly ripe and of good quality, are wholesome in moderate quantities ; if eaten green, they form a subject for another " Tale of Woe." The velvety skin should be removed from a peach before eating ; if taken into the stomach, it often causes convulsions and great distress. Peach kernels contain hydrocyanic acid (a deadly poison) in a very weak solution, and if eaten in quantities, produce deleterious effects. The kernels of the plum, cherry, apricot, nectarine and bitter almonds also contain poisonous properties and should not be eaten.

### **PEARS,**

In most cases, have a woody fibre, which is indigestible. Those varieties which are juicy and tender, and which are not grainy, may be eaten occasionally to advantage. The chief values are in the juices, which contain organised mineral salts, such as iron and sodium, also phosphorus, etc.

### **PINEAPPLES**

Are from " the garden of the gods." They furnish a food of great value to those who live in tropical climes. The juice is very soothing to the digestive organs, and numerous cases of chronic dyspepsia have been completely cured by their use. When tinned pineapples are used, select those which have been preserved in glass jars in preference to the ones in tin cans, as the acid forms a poisonous oxide in the latter case.

### **PERSIMMONS.**

The Japanese persimmon is the better, although the American may be used to good advantage if combined with other fruits. In cases of dyspepsia and general debility the persimmon, if thoroughly ripened, soft and frostbitten, will prove an excellent remedial agent ; and combined with sweet mangoes and pomegranates,

abstaining from vegetables and other fruits for five weeks, aids nature to accomplish a perfect cure, assuring perfect assimilation.

### PLUMS

Contain an acid which is injurious to the digestive organs of many persons, and should not be eaten when deleterious effects are noticed. Prunes are a very nutritious fruit and should be eaten whenever desired. They afford the highest nerve and brain food, supply heat and waste, but are not muscle feeding. In all instances when dried prunes are used, pour off the first water after cooking ten minutes, add fresh boiling water to cover and boil six to eight hours. This makes them tender and very delicious. In all cases the first water should be removed, as it carries away the sulphur and alkali used during the process of drying and preparing for the market.

### POMEGRANATES,

Though indigenous to the Orient, are successfully grown in the warmer portions of the United States. They are very delicious though they contain no known medicinal properties.

## SMALL FRUITS.

### BLACKBERRIES

Furnish a valuable combination of acids, phosphates, iron and other minerals in an organized state; but, as the seeds and pulp are injurious to various bodily organs, only the juice should be used. Boil the berries, strain through a flannel cloth, and bottle the juice in its unfermented state; or convert into jelly. Makes a very refreshing drink, valuable when the blood has become impoverished and is lacking in iron.

### CRANBERRIES

Make an excellent sauce, valuable to serve with nut preparations, but should be put through sieve or colander before eating. The skins are indigestible.



### CURRENTS

Which are imported in the dried state are seedless, and therefore better than home-grown varieties, which are nearly all skins and pips. Only the juice of the latter kind should be used, either in the form of jelly or bottled in an unfermented state. Dried currants should be thoroughly washed before boiling. Boil in two waters, pouring off the first after five minutes' use.

### GOOSEBERRIES

Have no other use than to be made into jelly and jam. The pips and skins in all cases should be discarded.

### RASPBERRIES.

Like blackberries, should be used only for making wines and jellies. The seeds and pulp affect the digestive organs in such a way as to cause great distress. They should not, in any case, be given to invalids or convalescents. The juice is very refreshing and may be used freely.

### STRAWBERRIES.

Are very beneficial, and make their appearance in the spring and early summer in time to be of great value as a blood purifier. They should be freely eaten, but well masticated to reduce the seeds which might, in some instances, cause distress to the stomach. Strawberries are rich in iron.

### DAINTY DESSERT.

Whipped cream with any fresh fruit crushed and beaten or folded into cream. May be served in a well baked pie crust, half peel of oranges, or in biscuit.

## NUTS.

THE proper food for man is an intelligent combination of fruits, grains, nuts and vegetables. An infinite variety may be secured, suited to all conditions and occasions.

Nuts, because of their oily nature, should be used in combination with fruit, the acids of the latter aiding greatly in digestion. They may be used to great advantage with vegetables and grains.

Popcorn eaten with black walnuts or hickory nuts forms new flavours which are delicious and appetising.

Nut preparations are very wholesome, but should be used in small quantities, as they are a condensed food.

Every family should have a mill with which to grind cereals, nuts, vegetables, etc., and many delicacies may be easily and cheaply made at home. Those who are beginning to see that meat-eating is not conducive to healthful conditions of mind and body, will find nut preparations a valuable aid in making a radical change to vegetarianism. Instructions regarding the use and preparation of nuts are contained in Part 2 of this book.



## DAIRY FOODS,

**S**UCH as milk, cream, butter and cheese, should be used in combination with other foods only and are adapted for use with grains, pulses, fruit, vegetables and nuts.

### MILK AND CREAM

Should be kept in earthenware or in glass jars, whether for use while sweet or for the purpose of thickening, creaming, skimming or cheesing. Soured milk used with tomato or lemon juice and sun-dried bread proves a refreshing meal. Whenever sweetening the cream with honey or other saccharine substances, salt your milk and add a pinch of borax or saleratus to avoid action.

### CHEESE.

Use it sparingly, remembering that it should be combined with other dishes. Cheese melted, cooked and baked is more easily digested than in its raw state.

### SCHMIERKASE.

This is made from sour milk junket. After taking the cream from the top of a bowl of thick, sour milk, stand in an enamel bowl on the back part of the range and pour over it about three quarts of boiling water; then turn the whole into a bag to drain. Hang it in a cool place over night. When ready to use, mix and beat it until light. Add salt and sufficient sweet cream to make it the proper consistency. A small quantity caraway seeds may be mixed with the cheese if one likes them. Finely-chopped green onion tops, mustard leaves, green parsley, fresh green tansy leaves, yarrow and chives, are often used for flavouring. Advisable in certain peculiar cases of private troubles. Roll the cheese out into balls. Serve with lettuce leaves garnished with watercress. Fine with vegetable salads and biscuits, also as sandwiches.

## BUTTER

Must be sweet and fresh to be of value. When out of season, it should be clarified by cooking it over slow fire and skimming the foam. As soon as clear, put up in earthenware vessels. To be used in cooking, baking and frying. For soups it is of exceptional value and more easily digested than in the fresh state. Used to great advantage in colds.

## EGGS.

We cannot and do not classify eggs among vegetarian foods in the strictest sense. They are not a product of vegetation, nor a by-product. Eggs are one of the permissible things. They may be used without any particular scruples. When they are used as a food one should always use good judgment. At any rate, they should be resorted to only in their season and in cases of emergency.

With nuts and grain, eggs will prove an ideal food, particularly the whites. Always remove the germ of the egg before using. It is the thick part of the white that usually clings to the yolk. The yolks may be used with milk and cream, and may be utilised in the preparation of dressings for vegetable salads and milk soups. When using eggs frequently, use quantities of green and sub-acid vegetables.

Although eggs can be had all the year round, nevertheless they have their season. When eggs are cheap and plentiful they are most wholesome and that is the time they are in season.

Nearly everyone, changing from a carnivorous diet to vegetarianism, starts in on eggs as their principal food, not knowing just what to select. It is well to remember that persons troubled by a torpid liver or kidney disease must use caution and care in eating eggs unless the latter are being combined with mushrooms, spinach, pease or asparagus.

Probably no article of diet receives more abuse at the hands of the cook than eggs. They answer admirably as food when properly prepared, but as usually served are valueless, and the human stomach would thankfully avoid their introduction were it possible. Chemical analysis of the egg shows that the white is almost pure

albumen. and that the yolk is composed of albumen, fats and phosphates. The yellow colour of the yolk is due to a peculiar oil, made up chiefly of sulphur and phosphorus, which forms nearly two-thirds by weight of the perfectly dry yolk. If eggs are to be served in a wholesome state, it is necessary to prepare them intelligently with a thorough knowledge of the effect of heat upon their component parts. In cooking eggs it must be remembered that albumen is completely coagulated below a temperature of 170 degrees Fahrenheit, and any greater heat will make this substance tough and indigestible. Eggs, being a concentrated food, should be eaten sparingly. In cases of kidney troubles, gout and rheumatism, they will not be harmful provided they have been hard-boiled or poached according to instructions herein contained. Eggs, hard-boiled or poached at a temperature of 212 degrees Fahrenheit, or fried, are deleterious to persons suffering from these disorders, because the albumen, having been rendered tough and indigestible, ferments easily in the stomach and forms acids that are poisonous to the system. Eggs should not be eaten when fried, but raw or in custards, or boiled or poached, according to methods outlined in Part 2 of this book.

# CONDIMENTS AND SPICES.

**G**REAT danger attends the frequent use of stimulating condiments, and the digestive organs may be so habituated to their presence that plain food seems insipid. Such conditions cause a perversion of the appetite, and a long train of evils follow. Spicy condiments afford no nutrition and are not essential to the process of digestion in a healthy state of the system. Though they may in some cases assist the action of a debilitated stomach for a time, yet their continual use never fails to produce a weakness of that organ, the effect being the same as that of alcohol or other stimulants—present relief at the expense of future suffering.

Black and white peppers and nutmegs are active poisons and produce dangerous results, even in small quantities. Use as a medicine only and in season.

Horseradish and mustard are first cousins, and are not harmful if used occasionally. Should be used with milk or in dressings.

Cloves, allspice, mace and cinnamon should be used sparingly.

Red pepper, ginger and salt have medicinal properties and their use in moderate proportions is very beneficial.

Vinegar should not be used, as the acetic acid which it contains is highly injurious to the delicate lining of the stomach. Only on rare occasion vinegar made from sour red wine or sound apples, and boiled before using, may prove beneficial. As a disinfectant vinegar is of great value. Bathe body with vinegar and water in equal proportions in cases of fever. In food use lime or lemon juice instead of vinegar.

The use of savoury herbs, such as thyme, parsley, sage, sweet marjoram, mint, garlic, leek, chives, yarrow, and caraway, celery, and dill seeds in soups, salads, sauces, etc., are very beneficial and act as a very mild stimulant.

The following spices, if used sparingly, will prove beneficial, and specially when combined with fruits: cinnamon, mace, saffron, nutmeg, cloves, allspice, citron, lemon, orange, vanilla and other fruit flavouring extracts. Savouries should be avoided as much as possible.



## OILS.

**A**NIMAL oils should not be used because they pollute the blood and are indigestible. For this reason all foods mixed with them partake of the same conditions. The feeding of children with potatoes fried in animal oils is little short of crime, because the results are equal to those of poison. The same is true of meat, white yeast bread and narcotic beverages. Another objection to the use of animal oil for frying is its liability to become overheated. Burnt fat contains acrolein, an irritating and highly poisonous liquid developed during burning. Vegetable oils will withstand a much higher temperature before burning. Their use in this book is always intended, and there are many varieties on the market which are prepared especially for culinary purposes. They are much cheaper in the end than animal oils and far more wholesome.

### OLIVE OIL.

For table use, salads and for use by invalids, olive oil only is recommended. For invalids the olive oil should first be boiled or cut with boiling water.

### SALAD OIL.

Most oil sold as salad oil is simply refined cottonseed oil, and for cooking purposes is equal to olive oil, even better, as it contains more heat and consequently serves for frying better than olive oil.

### COTTONSEED OIL.

Because of its cheapness and wholesomeness this oil is quite in demand and most satisfactory for soups and baking purposes. For making pies it should first be heated and beaten with an egg-beater or fork until foaming. Pastry will be light and very delicious, both in taste and flavour.

### SUNFLOWER SEED OIL.

In European countries, also in some parts of the Orient, sunflower seed oil is used for cooking and baking, with satisfactory



results. The flavour is unsurpassed and the nutritious value is greater than olive oil. In countries where made it is as cheap as cottonseed oil, and is thus commonly used. For invalids suffering from pulmonary troubles, and throat and nasal affections, sunflower oil as daily food proves to be an indispensable agent.

### IMPROVED SOUP OIL.

To give soups a decided flavour and the taste of soup stock, save all the oil which you have used for frying purposes, putting it in a separate jar. This oil, having been boiled and taken on flavours from the things fried or cooked in it, will gradually change its flavour and prove excellent in the preparation of soups and salads. In liver complaints use oil sparingly and only when acid or sub-acid fruits are being used with the meal.

### OILS IN GENERAL.

The question of purity of oil is not so much a scientific as a commercial one, although for medicinal purposes the oil must be just as prescribed. Thus in consumption and rheumatism the patient must use none but the purest olive oil, while in troubles of liver and stomach, olive and cottonseed oil in equal proportion will prove more satisfactory. In some cases the olive oil should be used raw, while in others the oil should be boiled in water, and the water allowed to evaporate before the oil will prove of medicinal value. A little experimenting will soon teach the person as to the method to be employed in individual cases.

When breaking away from meat diet a larger quantity of oil will at first be required. Be sure to mix oil with well prepared dishes only. After a time the system will require but little oil, as it will crave nuts in their season.

### PEANUT OIL.

A peanut product. As a nut in preparations, particularly entrées it is of value due to the large amount of earth salts, but as an oil has to be used with discretion. The oil is somewhat heavy and in stomach, liver, duodenum and kidney troubles must be discarded from our culinary department. Can be used to a great advantage among the physically strong.

**INDIAN CORN OIL**

Should be used during the cold season only and even then cautiously. For frying it may be used to advantage, but it cannot take the place of the usual cooking oils.

**SESAME OIL**

May be used the same as cottonseed oil. Keeps well throughout all the seasons of the year. Best for cooking purposes, but not for salads.

**COCOANUT OIL.**

Perhaps one of the sweetest oils of all. Excellent for dressings and for cooking purposes in general. It can be emulsified and a very palatable butter made from it, which is indispensable in cases of stomach, throat and catarrhal troubles. As skin food there is nothing better. Proves fattening when combined with vegetables and grains and works the opposite when used with fruits. An ideal nut food when used judiciously and with a raw-food diet largely. Like any other oil, it will lose its beneficial virtues if used continuously. Must be alternated with other oils in season.

## RAW FOOD.

**M**AZDAZNAN is too broad, too liberal, to be partial, and does not condemn cooked, baked, roasted or prepared foods, although it does hold to economy in all departments of life.

Mazdaznan favours raw foods wherever available and whenever in season and adaptable to the climate. Much will depend upon the individual's temperament and knowledge of selection. Cooking, baking and roasting do not destroy the life principle of the vegetation, but they change its soil properties, and consequently the salts and acids, to such an extent that almost twice the quantity of cooked food becomes necessary to get the same results that raw food insures. The exclusive use of cooked foods is detrimental because of the excessive amount of food impossible for the system to assimilate. Partly cooked and prepared foods during the colder season are commendable. Raw foods can be prepared more daintily, more elaborately decorative and more appetising than otherwise, and by a little experimenting hundreds of dishes can be prepared to meet everybody's demands, requirements and tastes.

Mazdaznan favours simplicity and economy, and holds that a rapidly progressing individual outgrows readily and easily all of the complications in food matters, leaning more and more to the simple foods as nature furnishes them, selecting as necessity demands and with as little preparation as possible. A little practice will develop a gift for limitless combinations.

# DIETARY IN A NUTSHELL.

## HOW TO EAT AND DRINK.

THE sum and substance of all the science of dietetics is this :

When on a fruit diet, you *should* blend the sweet fruit with a smaller percentage of sub-acid or acid fruit.

When on a vegetable diet, the earth salts which are sweet in taste and flavour must be subdued by the addition of vegetable juices of an acid or sub-acid nature.

When on a nut diet, the nuts must be thoroughly masticated, and the pulp, absolutely tasteless and gummy, should be expelled from the mouth.

When on a grain diet, the grain must be used raw and well masticated, employing the jaws to a great extent, but do not swallow more than one-third of the pulp.

When living on a mixed diet, remember that grain gives substance, while the addition of a few nuts occasionally or in season adds heat. By using the fruit at one time and the vegetables at another, they will furnish the eliminative tendencies.

Live on grains and vegetables for a day or more, then alternate with fruits for the same period, more or less, in accordance with the condition of the organic action.

If the system is filled with acids it is best to abstain from fruits. If laden with salts and minerals, then it is best to abstain from vegetables until the system is adjusted to a greater degree.

Never cater to artificial wants. They are mere suggestions of abnormal conditions that enslave our higher natures and burden our life energies with unnecessary trouble. There is no possibility of overcoming these unless we retrace our steps and return to nature with a humble spirit and a contrite heart.



Learn how little it is necessary to eat and how much less you need to drink, as thereby you will learn the secret of the science of right living, which is the key that unlocks the problem of all questions of life—the question of the economy of the Infinite through individual effort.

Appetite is the result of uncontrolled senses and a disease of organic intelligence.

Stop eating for a time and nature will do the rest.

Hunger alone, following a day's good work, determines perfect digestion of that food which is least inviting to a pampered palate, but of value to him who knows of its virtues.

The greater percentage of the juice of fruits and vegetables is superior to the water of mineralising tendencies, for the reason that by virtue of an evolutionary life the liquids of vegetation embody the intelligences of superiority, also by experiences in the realm of growth which entertain eliminating tendencies which the best of waters do not possess.

Nature's process of distilling water can never be equalled by scientific innovations, as nature has a chemical laboratory at her command that is guided by unseen hands and directed by a mind which alone can claim mastership. All else is mere imitation, full of error and ignorance. If you need liquid pure and undefiled, take fruits or vegetables in their natural state and you will learn to glorify Him who has created and formed it so wisely.

Whenever overcome by thirst we shall know we do not exhale enough and that we inhale too short a current of breath to induce oxidisation of the blood, and consequently we do not eat our food attentively and with discrimination. The organism contracts consummative tendencies, creating the thirst for liquids, which liquids, when taken, dampen the consummation temporarily, but at the same time create gases detrimental to organic action.

By abstaining from condiments, artificial sweets and seasonings, eating only grains, fruits, vegetables and nuts as nature furnishes them, we never thirst for water or liquid of any form, as breathing will be sufficient.

The truest and noblest effort of man is to outgrow the animal and to recognise the human ; to conquer all the tendencies of brute



nature. To this end our attention must be directed toward the generative action of the nervous system at large, whose office is to manifest the operations of the mind by inductive and conductive actions into the muscular or expressing part of being and carry out the desires of our innermost being. To insure such a process one must adhere to the simplicity of that life which asks by performance of hard labour for "daily bread," even though it be "crumbs that fall from the rich man's table," and is refreshed by wine that flows from the "jug filled with water." Living thus and working unselfishly, taking interest in all things and using judgment in one's selection of labour whenever nature demands change, observing as to food "each kind in its season" as "each season brings forth its kind," we shall answer the purpose of life and may safely look into the future before us.

### **WORK AND OVERWORK.**

There is such a thing as overwork, which means work performed in a position limiting the exercise of the body and change of mind.

We never do too much work where we make a change in occupation for the performance of some other duty.

We condemn ourselves if we look upon labour as the end of things or the only means of sustaining soul and body. Under such conditions our labours become a burden and a curse. The greatest of blessings come to him who performs his daily work in the spirit of duty and honour.

Work is nature's means to exercise the body as directed by mind to insure satisfaction unto the soul.

All work of usefulness to the labourer and for the good of all is the only means of salvation from the curse of ancestral tendencies, and the path that leadeth unto the goal of final emancipation.

It rests the body and mind to frequently change attitude in the performance of our labours.

The digestion and assimilation of foods does not depend upon our knowledge of the organs of the body nor upon chemical compounds of foods, but the selection of foods as Nature furnishes them.

## **MASTICATION THE KEY TO DIGESTION.**

Thorough mastication of food insures a greater percentage in digestion and assimilation. Thus masticate thoroughly, whether it be solids or liquids.

In masticating our food well the absorbents of the mouth, tongue and palate concentrate all of the aromatic or spirit substances of foods, thereby aiding and increasing the insalivation of foods for digestive action.

What you fail to absorb by virtue of mastication you never get after the food reaches the stomach. Food proves a vitaliser and energiser only then when absorbed by continued and well-directed exercises of the jaws.

The sense of taste, harmonised and in common with all the senses directed by reason, is the guide unto selection, mastication, digestion and assimilation of foods which will prove of benefit and wholesomeness to the body, mind, soul and spirit in general.

We must be able to taste the food with our mouth and retain such taste until the food, by mastication, becomes tasteless. It then may be swallowed and left to the stomach to draw from it whatever soil substance it may retain for metallisation.

It is not the stomach, liver and kidneys that need our consideration, but the mouth, which is the feeding station of our organism. Masticate your food to such an extent that the fluids furthering digestion will form readily and assimilation is insured.

Through proper mastication you become thoughtful, and as like begets like, you retain the good thought of the food.

## **FOOD FOR THE MIND.**

Slowly and thoroughly masticated food saves one-half of the digestive operation and insures tenacity of life.

The root of all the evil to the stomach is that man won't masticate his food with pleasure.

Take time to eat and insalivate your food. It saves digestion, promotes health and a good complexion.

In a fair state of health, whole wheat bread and milk or whole wheat gruel and milk is the cheapest and most nutritive fare, assuring a clear complexion and a bright mind.

You should not drink water with or after a fruit dinner. If you do, then you have to make another experience.

There are men and women who can eat and drink anything, and if you were to follow suit it would be like an idiot who, after seeing a fire-eater, goes home and fills his mouth with hot coals, and then dies.

Keep away from soda and mineral or charged waters in general. Use fruits and use them freely. After a good, frugal fruit dinner do not forget to take a morsel of bread.

The cause of defective teeth and a poorly developed bone structure is due to the lack of phosphates, nitrates and salts which are supplied largely through food compounded from grains. Bolted flour preparations lack all the essential ingredients.

“Not what entereth the body defileth man but what becomes of it.” That is just it—what becomes of it or what we *digest* of it. If we do not digest it then it not only turns into waste, but taxes the digestive organs to an extent, defiling the body with disease-breeding germs.

Of course you want the white grapes, the seedless green, for your liver and rheumatic troubles, but if catarrhal then the blue ones are best, and in most cases no grapes at all should be used, particularly if hay feverish or asthmatic.

No matter as to the amount of proteids, nitrogen, fats and carbonates your dishes contain, if they lack the required salts and minerals which constitute the body of the foodstuff, you may eat and eat ad infinitum and still suffer from nervous disease that impairs stomach, liver, kidneys, intestines, and lastly the general constitution, calling to the surface all the germs of inherited tendencies and of prenatal influence inviting disease upon disease.

A well-poised mind with a body under perfect control, assimilating every morsel of food partaken of with thankfulness of heart, requires daily no more than one-third of a pound of wheat, raw or made into gruel, one pound of milk or its equivalent of cheese in season, and a banana or other fruits, alternated by an equivalent of vegetables in season. According to locality and conditions such food would vary between threepence and sixpence a day. He who makes greater demands than these simply has to



"rustle" to keep up imaginary appearances; but remember, no man can look into your stomach, but they do see what you wear on your back.

If food, as contended by science, gives strength and vitality, how is it that in times of prosperity and plenty, when mankind fairly gorges upon food, more diseased conditions are brought forth, and consequently greater dissatisfaction, more troubles, and more weakness and laziness are apparent than in times of hardship and when food is scarce?

Never entrust the noblest manifestations of life unto another lest sorrow and shame be your reward. This body as a temple of the living God, of which we are the entrusted keeper, must never expect others to take our place, as thereby we prove traitors to our cause and must suffer due penalty through sickness, sin and struggle.

As soon as we become inclined to use stimulants or condiments to relish food, it is high time to give our digestive organs rest from food.

The prosperity of professionals is a sign of man's degeneracy, a sign of the times fortelling the deterioration of the race and a voice of warning unto him who awakens to the responsibilities of life with a desire at heart to retrace his steps.

Suggestions of an evil-directing nature will reflect upon our paths, forming pitfalls for our uncertain steps, breaking our bones and shattering our mind.

Daintiness and prettiness seldom denote intelligence, although intelligence may use either as a means to an end.

By knowing ourselves and the body which constitutes our being we shall appreciate the attributes of nature and ever strive to pay tribute unto ourselves by sacrificial offerings of the best we can find in life.

Science means to know, yet knowledge is of no value where we cannot put it into practice. To do the right thing is better than to preach it.

Wise is he indeed who learns through observation rather than by experience. Experiences necessitate experimenting, only too often ending in disastrous results. Nine-tenths of our troubles, sickness, sin or sorrow are due to experiment and experience.



He who has eyes to see let him *see*, while he who has ears to hear let him *hear*. Be attentive ; keep eyes and ears wide open and you shall know the rest.

The autumn is a time of adjusting oneself, and it is best not to allow any of the old suggestions to go over into the winter. Take very hot baths or vapour baths twice a week for five weeks, while living largely on fruits or vegetables. Stop using tea, coffee or water.

Sleep in your Adamic gown, but change bed sheets and pillow cases frequently, at least twice a week, and note the difference in health of body and health of mind that open up the avenues of wealth.

In case your stomach is sour and your breath is bad, wash your mouth with five drops of oil of eucalyptus and two drops of sassafras oil to half a tumblerful of hot water. Rinse well, and swallow the last mouthful. Then breathe out with lips parted and whisper words with *h*, like *ahu*, *aha*, and give your trouble the *haha*.

The reason fruits disagree with you is that you do not eat them in the right way. In the first place, two kinds of fruits are required in your case. Secondly, you should eat your fruits with bread and butter. And again, don't you dare to drink anything unless it be a demitasse of hot black coffee, made very mild à la drip.

Vegetables prove too heavy for you because you prepare them in water instead of cooking them in their own juice and additional oils or butter. Some vegetables should not be boiled. Because of too much starch they should be baked, and thus you change them into dextrinous foods.

Keep your feet clean, and keep them in good socks. Wear silken cloths next to the skin, then finest linen, then let up on it and take to lisle or mercerised stockings alone, leaving off all the cloths. Be sure that you rub between the toes each morning and at night. This will do more for your stomach and set its nature right than all your extensive studies in anatomy and chemistry.

## IMPORTANT HINTS.

**W**HENEVER fruit juices are used in a soup it is well to use nutmeg, mace or other spices to give it a mild flavour.

When using vegetables it is best to rub the soup plate with a little garlic.

The beaten white of egg stirred thoroughly into the soup just before serving will make it more palatable, and very nourishing.

Use up the well beaten yolk of eggs in nut creams, sauces or dressings.

Soak bay leaves in water for several hours and use the liquids for flavouring soups.

Finely chopped parsley also plays an important part in soup-making.

To have good results in preparing raw foods, it is well to first decide upon a menu. Then prepare stock for your soup. If you desire to serve consommé or bouillon you can use the dregs of your soup as a base for your savoury by simply adding such nuts and grain flakes as you prefer.

Always prepare the things required for salad beforehand so that "leavings" may be used in savouries.

All nut creams, sauces and dressings should be thinned down with sweet cream just before serving.

In raw food dinners the juice of pineapples, lemons and oranges may be used for flavouring when vegetables, grains, and nuts are to be the body of meals.

When fruits, cereals and nuts are decided upon for a meal, the juice of garlic, onion or rhubarb may be used. Use no savouries with fruits. Confine yourself to spices and other flavours.

Small fruits like strawberries, blueberries, raspberries, currants and gooseberries may be used with either a vegetable or fruit meal.

Remember, that the body, to keep it in good humour, needs change in diet, not only in accordance with the season, but it calls for even more frequent change.

## SEASONABLE AND ECONOMIC STUDIES.

**I**N arranging a menu we should bear in mind that we must be governed by the products of the seasons and as furnished by the home market.

The home products of the season must be the principal part for a menu and make up the deficient part out of grains or cereals and dairy foods. Thus, if springtime furnishes us asparagus, dandelions, lettuce, radishes, watercress, green onions, mushrooms and spinach, we make up our menu accordingly, and use just enough of grains or cereals, pulses and nuts as are needed to make a palatable meal.

In winter we use largely grain and such vegetables and fruits as are hardy enough to withstand decay. Nuts are used in large quantities with the grains. Anything raised in hot-houses should be used for garnishing only and eaten only to that extent.

In summer time no nuts, grains or cereals should be used, if possible, as fresh corn and potatoes will take their place.

In autumn we should make use of all the perishable fruits, using grains sparingly, and nuts only for a tonic.

Soup, savouries and salad are the three principal dishes and are sufficient for an ordinary dinner.

Vegetable salads, as well as fruit salads, should be made of fresh or raw articles. Nuts should be used for dressings only.

Beet-roots, carrots, turnips, etc., should be *grated*, never chopped.

Apples and pears should be grated too, and soaked in orange, pineapple or other fruit juices, and served with whipped cream.

All other fruits and vegetables should be chopped in a bowl.

Lettuce and parsley should be cut fine with scissors.

Only when fruits or vegetables are intended for soup or savouries they should be chopped in a grinder.

A meal consisting of three principal dishes, to which attention and care has been given, will give more satisfaction than an elaborate spread.

Two meals is all that a mature person requires, one of which is to be the principal meal with attention and good selection.

Lunches should be very plain, as the dinner will then be the more appreciated.

Have a good line of savoury herbs, spices and flavours, and use them in their proper way.

Never use tinware in your kitchen ; keep only enamelled porcelain, aluminium and stoneware.

Table setting during springtime should be of red decorations, in summertime the settings should be of bluish tint. The autumn table setting should consist largely of yellow and golden. The winter season calls for pure white with a suggestion of green.

Use no cut flowers on tables, as they suggest sickness and funerals ; use potted plants and fruit decorations.

Pulses and mushrooms are used to build up an impoverished system, but care must be taken not to use them as a regular food, but simply as a change of diet for ten days at a time, and until the desired result has been attained. The same is true of a fruit diet or an exclusive vegetable diet.



## HEALTH RULES.

**E**AT only when absolutely hungry.

Do not eat an early breakfast, or immediately after arising from a night's rest.

Always work for several hours before partaking of food.

Instead of drinking any water, a little juicy fruit may be taken in the morning. The fruit should be eaten very slowly and masticated until tasteless.

Never eat nuts or any other oily foods unless hungry.

Too many nuts and too much raw oil will cause eruptions of the skin, pimples, sores, blotches, etc., as will also too many sweet fruits, particularly the dried kinds. Eating too much cream, eggs, cheese and butter will produce the same effect.

When bowels get too loose, avoid fruits and vegetables and use nuts and grain preparations only. In case the looseness of the bowels causes aches and pains, use a little browned flour or make brown flour gravies, which are to be used with your meals.

Do not drink with your meals. If eating slowly and mixing solids with the saliva no drink will be required.

Never mix vegetables and fruits together at one meal. Keep them separate.

You can have grains, nuts and fruits at one meal and grains, nuts and vegetables at another meal.

Use nuts in very small quantities and use them rather regularly, combined with other foods.

Do not eat when served under rather unpleasant surroundings and a spirit of depression, nor food prepared by persons of a hasty and uncontrollable temperament, as the food, however pleasant to the palate, will be a detriment to the system.

Do not eat unless you have earned your meal, unless you are assured and certain you are entitled to the same.

## DIETARY RULES.

**W**HEN vegetables or too many sweet fruits are used at a meal something tart, sub-acid or even acid, like lemon, tomato, rhubarb, etc., should be used.

Concentrated foods, whether sun-produced or scientifically prepared, must be counterbalanced with foods containing eliminative, consequently waste tendencies, to insure regularity in action.

Remember that in eating, quality, not quantity, is to be considered. The better the flavour, the finer and more delicate the taste and looks of the fruits, the less is required. The sweeter and more oily the nuts, the more digestible. The crisper and fresher the vegetables, the more eliminative and refreshing. The more recently the grain has been prepared, the fresher the flour, the drier the cereal, all the more nourishing it is, consequently less will be required, and the system will not run the risk of becoming clogged.

Whatever your ailment is, abstain from your usual foods entirely and do not take any food until hunger determines the kind. In every instance we should, in accordance with our trouble or temperament, make our choice from one or two of the following fruits or vegetables: Pineapple, apple, orange, lemon, grape, asparagus, celery, tomatoes, rhubarb, parsley, etc. We use only the juice, and reject the pulp.

For night work or evening study, use a few grapes, scraped apple with orange juice, oranges, tomatoes, seeded raisins sprinkled with fresh-ground almond meal, or sip lemonade without sweetening.

Children as well as adults must abstain from all solids when ailing, and only such fluids as fruit juices and herb decoctions administered to and only then when feeling the necessity of something substantial.

# GENERAL FOOD RULES.

## GRAINS.

**R**OLLED grains, broken, cracked, ground (coarse or fine), may be soaked in water or milk and made into cakes or loaves, biscuits, gruels, etc.

## CEREALS.

Rolled, cracked and flaked grains, including rice, sago, tapioca, pulses, such as beans, peas, lentils, when combined with grains, may be mixed with fruits and nuts or vegetables and dairy foods and nuts. In combining with fruits, spices may be used, but combining with vegetables, savoury herbs only should be admitted.

## NUTS

Combine with any dish. Grapefruits, oranges, pineapples and lemons are most desirable for nut creams, allowing dairy cream. Tomatoes, rhubarb, sorrel and other tart vegetables agree well with nuts and make fine nut creams, allowing dairy creams. Use nuts sparingly, but regularly with your meals.

## GREEN VEGETABLES,

Such as beans, pease, cucumbers, egg plant, spinach, etc., after they are sliced or cut fine, should be thoroughly salted and allowed to remain in salt for half an hour, and then should be washed quickly in cold water. Any vegetable combines with nuts, grains and dairy products. Water should not be used with vegetables.

## FRUITS.

Any fruit will combine with nuts and grain and in some instances with dairy foods. Care should be taken in never combining water with fruits when living upon raw foods.



# INVALIDS.

## THEIR NEED TO CHANGE CLIMATE.

THE idea of change of climate for the purpose of attaining health both in body and mind, has been cherished for thousands of years. Thus we find in the annals of Greece the renowned physicians advising their patients to retire to the islands, where in the presence of water and sky they might commune with the gods and confine themselves to the ambrosia and nectar administered by priestesses. The Egyptians sent their invalids of the North to temples situated in the extreme South and oftentimes to the lands beyond the Nile, that on a diet prescribed by the priests they might gain favour from the gods unto perfect health.

Change of climate was the counsel, but back of it all stood a more important thought. It was that of freedom from environment that had grown monotonous, due to excessive living or lack of proper association. The object of change of climate is not merely change of scenery and the weight of air through altitude, nor the dry or wet ozone of desert or of ocean. The idea of change of climate is that of reversing one's selection of food from that of the local market of the North to that of the products of the tropics, and vice versa. If you cannot gain health in the North, go to the extreme South, but remember that you cannot take your broiled meats and potatoes with cream gravy with you. In the South you are to live upon the diverse products of that clime to induce a change in the operation of your organic functions. If you cannot eat the fruits, vegetation, nuts and herbs of the new country you will have to do without them until hunger will select what may appeal as the next best. Three weeks' time of change in diet will show decided improvement, and at the same time teach one the value of selection and the proper amount of food necessary. Taking to diverse occupations and making a point to select one's food, will hasten a cure for the body and quicken the mind. Returning to one's former association the intelligent mind never again returns to the ignorance



of riotous living, but takes good care that food is only partaken of when hungry and only so much as is deemed proper.

The man in the South who is diseased in body and mind may not live up to the demands of the seasons and the products of his clime. If he does not he should make a change in his methods. Otherwise he is to go to the far North where the winds blow and foodstuffs grow sparingly ; where the selection of food is poor and necessitates hunger to be willing to eat of the " garden weeds " as they slowly sprout under the sweat of the caretakers. Amidst the pines one is to seek berries and sorrels of all kinds, and with thankfulness masticate slowly the young growths. Five weeks will suffice to bring about the desired change. To keep warm, exercise by chopping, cutting, scaling and snaking timber from the mountain sides, and instead of the bathtub, rub your body with the water of clear-flowing streams. Over a primitively built campfire roast your foods and bake your cakes, and mind not when the charred wood drops into the water kettle and the frying-pan, as even the ashes of the fire will add to the chemicalisation and dextrinisation of your food, teaching you a grander lesson than that recorded in encyclopædias of useful knowledge. Returning South you will revolutionise your household and through increased activity and proper selection of food serve the cause of man—right living and right thinking through good thought, good word, and good deed.

Where one has not the good fortune to change climate the spirit of the times brings the two extremes in Nature and their products to us and places the blessings of heaven before our very doors. If living in the North, make it a point to live on tropical fruits and nuts, or vegetables and nuts, as the case may be, for at least three weeks and thereafter confine oneself little by little to products of the local market. At first such diet appears expensive, but not so when one realises that the menu itself is limited to a rather small variety and then that no special preparation of these foods is necessary, but that the patient can attend to himself. And again, as all of this is temporary only, like the taking of medicine and, after all, cheaper than the latter and better, because it is delicious food one partakes of, the expense is very nominal, while pleasure and delight increase. Some day bottles, paper packages,

capsules and boxes will disappear from the chemists' shops and the products of the tropics and semi-tropics will take their place ; where man may go and have his prescription filled by doctors of truly scientific renown ; where instead of being drugged in an old-fashioned way with concoctions that draw the nerves into a bundle of misery causing unhappy grimaces, the invalid can sit down and with pleasure in his heart delight in a meal assuring ease of mind and relief to the body.

The drug shops in the South will not only keep medicinal fruits and the products of their own country, but also such products of the far North, prepared and put up so that pure-food labels would be offensive to the better class knowing that science stands for the absolute truth of things, administering only what is in accordance with the laws of perfect life. Return to Nature then will not mean to live in a hovel or to run about with unwashed feet and long, unkempt hair, but to partake in Nature's own laboratory of what the guiding hand of Providence has prepared for the delight of the children of man, and thus lead the faithful ones unto the inheritance of a Paradise most suitable unto God and His Associates to dwell therein.

The moral of it all, in short, is this : If sick in the North go South, to live on southern products or procure the products of the tropics ; if living in the South, and diseased, go North or procure the Northern products, to subsist upon them until well, and thereafter confine yourself to the local market, eating only when hungry, eating all food with thanksgiving in your heart ; masticate slowly and cease mixing too many varieties at a time, recognising the fact that the truest guide is that of living within the range of the season, as every season brings forth its own kind, and that our stomach has two compartments demanding that all dishes be partaken of one at a time to insure proper separation of acids and salts for furthering perfect digestion.

A change of diet homogeneous to another clime necessarily suggests the air of distant scenes, and food partaken of in the spirit of recollection and concentration of thought prompts heartfelt thanksgiving unto the Bountiful Giver. Good Thought adds greatly to the mastication, digestion and assimilation of the

remedial properties of the foods, retaining the life substance contained therein and thus assisting the weakened energies to resume their work in their cellular composition. It is for this reason that prayers or blessings were advised at meal time so as to promote the power of concentration and thus assist the mind to conduct or control the functional operations of the digestive organs.

What we say about change of climate should suffice the intelligent; still not enough can be said about change of diet, which means change in the selection of variety as well as change in preparation. The hands that prepare the food, the way the food is administered and the surrounding conditions all have a great bearing and influence upon the negative mind, steeped in disease and error. One should experience change of heart, which is a requisite toward health. Become hopeful and confiding, trustful and tenacious, determined to make a change even at the sacrifice of acquired habits, notions and appetites which have done much to undermine our good health.

Furthermore, we should remember that water is absolutely valueless in case of disease, except for bathing and steam-baths, of which a person should have one a day as long as diseased, or bring the body into perspiration for at least half an hour daily, if not through exercise then through the use of herbs, such as jaborandi elder blossoms, camomile, etc. The healthy man not sufficiently engaged manually must have two sweat or vapour baths a week.

## **DIET FOR INVALIDS.**

### **REJUVENATING FOODS**

Are strawberries, bilberries, gooseberries, fresh grapes, fresh figs, tart apples, pineapples, pears, peaches, oranges, persimmons and grapefruits, when combined with wheat, rolled, cracked or ground; also with rice and sago, almonds and pine kernels.

### **FOR GENERAL IMPROVEMENT**

Of health and appearance select fresh milk smoothed with lemon or tomato juice, fresh buttermilk, skim milk, sour milk junket, white of eggs, cottage cheese or cream cheese. Combine



with mushrooms and wheat or rice, tart fruits and barley, rye or rice, and sago. Fresh vegetables with nuts and grains of any kind.

### **FOR VITALITY AND MENTAL STRENGTH**

Make selections in smaller quantities, combining two or three things for one meal, as follows: The white of eggs with grains, blanched almonds, apples or pears. Tomatoes, asparagus, spinach, combined with grains, particularly rice and milk, with or without lemon juice or tomato juice. Cauliflower, celery or raw cabbage eaten with grains and lemonade or white of eggs beaten with lemon juice. Grapes, oranges and pears with rice, sago or wheat and pine kernels.

### **FOR CURE OF CONSTIPATION**

And to promote bowel action select apples, apricots, pears, small berries, tart fruits, plums and all fresh green vegetables—tomatoes, rhubarb and watercress. Combine one or more with raw peanuts or pine kernels. For drink use buttermilk or fruit juices, also cream thinned down with three to four parts of filtered water. Avoid cooked foods as much as possible, particularly cereals, toast and hot milk. Abstain from dairy foods in general, acid fruits, blue and red grapes, stimulants, cocoa, herbs and vinegar.

### **FOR MORAL STRENGTH**

And sweet temper confine yourself to fresh berries, apples, grapes, oranges, tomatoes, melons, squashes, green vegetables, rice, sago, and wheat, pine kernels, walnuts, chestnuts and filberts. Use foods in a cold state rather than prepared. Do not eat or drink hot dishes.

### **FATTENING FOODS.**

Vegetables with savouries and oils when combined with eggs, grains, cakes and sweets. Fruits, particularly preserved, jams and jellies, when combined with grains, rice, sago, hominy, oils, butter and cream, fruits being spiced. Grains, particularly Indian corn and wheat when combined with figs, dates, prunes, peanuts, pine kernels, filberts and additional cream. Chew grain frequently until all taste is gone and expel the pulp. Eat plenty of fruit and



keep bowels open. Never worry. Entertain no ideas unless absolutely necessary. Take cold sponge baths and rub the body with oils and spices.

### **THINNING FOODS.**

Green vegetables with lemon and tomato juice; buttermilk, white of eggs with lemon, lemonades without sweetening, acid fruits with cracked wheat and rolled oats or flaked rice, milk with lemon and pineapple juice, cheese and lemon juice eaten with wheat preparations, acid fruits for breakfast and sweet fruits with lemon or persimmon juices at night, rhubarb, spinach, white of eggs and rice. Bathe much, take alcohol and cornflour rubs.

### **FOODS PROMOTING IMMORAL AND SEX TROUBLES.**

Tea, coffee, cocoa, alcoholic drinks, tobacco, kumyss, sour milk junket, oats, manufactured cheese, eggs, pastry, cakes, sodas, spices, savouries, and also potatoes and peanuts if wrongly combined. Avoid large gatherings, political and theatrical meetings, etc., until able to control.

### **TO ELIMINATE SEX TROUBLES**

Confine yourself to a simple diet of two or three things at a time from the following: Small fresh berries, apples, pears, grapes, oranges, pomegranates, lemons, melons, squash, tomatoes, rhubarb, celery, lettuce, watercress, green onions, cabbage, fresh sweet-corn, pearl and unpolished barley, unpolished rice, whole wheat, rolled, cracked or ground, dried bread, pine kernels and cocoanuts. Eat sparingly and leave the table still hungry. Take many walks in very cold weather.

### **HEART TROUBLES**

Are the result of a torpid liver. To overcome these troubles abstain from an excessive use of fatty, rich, starchy, sweet foods, eggs, cream, chocolate, stimulants, and use more juicy fruits, but no water. Eat more fruit combined with nut creams, sun-dried bread, fresh greens, dandelion, water-pepper, mustard leaves, cress, tart apples, lemons, tomatoes, rhubarb, rice, macaroni, cottage cheese, buttermilk, and sour milk junket.

### **NERVOUSNESS**

Is induced by the use of drinks with meals and the use of bread and butter with tea or coffee ; cakes with cocoa or chocolate ; puddings and custards, pies and pastries excessively spiced and used with ices and lemonades. Avoid all this and confine yourself to very slow eating, selecting foods as in case of indigestion, confining yourself to two meals and abstain from social dinners.

### **INDIGESTION AND DYSPEPSIA**

Will be easily overcome by avoiding drinks with meals. Abstain from the use of soups and cereals unless cooked for hours. Use no dairy foods, no oils, and nuts sparingly and only when combined with fruits. Select from the following : Apples, oranges, pears, peaches, pomegranates, cranberries, cherries, citron, ginger fruit, green grapes, fresh figs, ripe olives, asparagus, cauliflower, horseradish, green corn, beans and pease, pumpkin, squash, rhubarb, spinach, turnips, gluten preparations as macaroni, spaghetti, sub-acid berries, parsnips, almonds and pine kernels in the form of creams. Eat raw or prepared. Do not eat anything that nauseates you or disagrees with you.

### **IN LUNG OR PULMONARY TROUBLES,**

Coughs, colds, catarrhs, bronchial affections, abstain from all dairy foods, eggs, stone fruits, including blue grapes.

### **IN KIDNEY TROUBLES**

Abstain principally from eggs, water, oats, rye, rice, pears, plums, walnuts, Brazil nuts, chestnuts, pulses, dried fruits. Confine yourself mostly to solid foods in their raw state, using freely skimmed milk and cream thinned with lemon juice or orange juice, pine kernel creams, fresh fruits, gruels boiled for four or more hours, green vegetables.

### **MENTAL OR INTELLECTUAL FOODS**

For students, masters, virtuosos, artists, geniuses, and all those in search of spiritual knowledge. First live so as to eliminate

all morbid substances from the system, adhere to simple diet and by prayer and fasting gain that station in life where the selection of food becomes limited yet most gratifying in your pursuit after knowledge. Confine yourself principally to the use of almonds, raisins, oranges, lemons, transparent grapes, raw grains, by masticating them thoroughly, expelling the pulp as soon as absolutely tasteless. Use vegetables only in season, as nature produces them according to climatic conditions. Eat apples freely. Deviate from regular diet only periodically with change of seasons. Abstain from dairy foods except when absolutely necessary to counteract certain tendencies. Do not eat unless you can do so with pleasure and attention to the food and its value to your system.

## POINTERS TO INVALIDS.

There are practically only three classes of invalids: Firstly, those who are poisoned through over-accumulation of acids caused by improper food selection and unscientifically compounded dishes.

These must abstain from all fruits and begin to use vegetables containing largely earth salts—potato peels, chopped fine and cooked with butter in a double boiler until tender, adding onions cooked in butter and cream, will prove an ideal food.

Secondly, those who are mineral poisoned or starch poisoned, owing to the use of too many mineral or salt foods and starchy dishes, lacking the acids for counteraction. Abstain from vegetables and prepared cereals. Use bananas mashed in cream, grated apples with cream or stewed in butter (but no water); also baked bananas or apples and barley gruels with butter and cream.

Thirdly, those who have indulged in riotous living, by loading the system with acidulous foods at one time and mineral or salt foods excessively at another time until the stomach refuses to separate the foods and classify them intelligently for digestion and assimilation. Here a fast of thirty-six hours, every three to four days, becomes necessary, using a slice of lemon, pineapple, apple, orange or grapefruit, to quench the thirst, living on small quantities of wheat gruel after fasts. Use onions boiled in butter and cream, seasoned with parsley and cayenne, for each meal.



The secret of good health is not only moderation, but occasional abstinence.

In either of the three cases it is always advisable to abstain from food until hungry and when hungry to make it a point to confine oneself to the class one favours.

Fleshy people are apt to be salt or starch poisoned. Wiry people, acidulous and nervous people are blood-poisoned, due to over-accumulation of salts and acids.

## HINTS TO SUFFERERS.

In the following pages we briefly state a few additional hints which will suffice the wise to use in connection with other advice given at will and cannot fail to assist Nature in assuring speedy recovery from all the ailments of the body, which are due to nothing less than ignorance in the selection and use of proper food-stuffs and remedial agents in connection with food-stuffs so necessary to improve nutrition.

Condiments of all kinds, properly and scientifically prepared, were considered wholesome and brought to a test for centuries, and they will still prove to be the most natural and effective of remedial agents, and although we do not wish in any way to reflect upon our pharmacopœal achievements, we will all agree that no man can live on medicine, but he can on food, and that food rightly compounded will assure health, and where there is a disease germ spreading, thus crowding the finer network of man's constitution, medicinal foods will assist nature to adjust matters.

Exposures to heat and cold under unfavourable temperamental conditions do much in undermining good health and a happy disposition.

The arctic dweller has learned to protect his health by adding to his food an extra amount of oil. In case of sickness he simply consumes still more oil, bathes in oil, smells burnt oil or becomes oil-smoked until "cured."

The man of the hot climate finds it necessary to use spices and condiments in his regular meals, and when diseased requires extra portions of hot spices, powders the body in spices, bathes in them, burns them so as to inhale the fumes until he becomes



“fumigated.” His chills, peculiar to disease in a hot climate, are counteracted by extra heavy potions.

With this knowledge of the blend in the two great extremes man may, with additional ingenuity and scientific application, soon grasp the true value of nature’s efforts in showering blessings upon us in the great variety of things destined for our use, guided by good judgment.

### **CURRY POWDER.**

A valuable mixture of condiments successfully used in pulmonary, rheumatic and digestive troubles, where suitable food is used. It must be compounded fresh and not bought ready-made, as the commercial curry powder is nothing more than a mixture of cayenne and turmeric, and many brands contain large quantities of rice flour and salt, others cocoanut and dried garlic. The two latter are of good remedial value when used with *true Curry Powder*. Compound curry as follows: Four and one-half ounces turmeric, four ounces coriander seed, three ounces tellicherry black pepper, one and one-half ounces each of English mustard and foenugreek seeds, one ounce each decorticated seeds of cardamom and cumin, and cassia buds, one-half ounce each of Jamaica ginger, Zanzibar cloves, Penang mace, Zanzibar cayenne. Grind fine and put up in air-tight tins. Use freely in rice and other grain and vegetable dishes suitable for invalids. To the intellectually or mentally based curry will prove the best remedial agent when diseased. When well again curry must be discarded from our daily menu.

### **SPICED CONDIMENTS**

Are in general use, but the commercial spirit is only too apt to lose sight of the value and purpose of medicated dishes. For this reason we find the old-fashioned way of putting up one’s own pickled dishes the only safe way, and adding our scientific methods in the selection and preparation of these relishes we shall never hereafter be entirely without a case of selected medicinal foods.

Green chili, cucumber, artichokes, kidney beans, green tomatoes, cauliflower, onions, mushrooms and walnuts are most suitable for pickling.

After cleaning a number of the above mentioned well selected articles steep them in a strong brine composed of salt and *filtered* or *distilled* water. It is best to use stone or earthenware. Place all the articles desired for pickling into a large colander, set into a larger dish and pour over it all boiling hot salt brine. Draw off and repeat the treatment every five to ten minutes up to a half-dozen times. Allow the contents to remain in the last poured on brine until cool. Draw off the brine. Bottle the selection, and cover with pickling sauce to the very top.

Make pickling sauce of one part of reboiled cider vinegar and one part aged chianti or Nebiolo vinegar (claret vinegar will do, too), add to each pint three bay leaves, twelve each of allspice, whole black pepper, cloves, one teaspoonful mustard seeds, two tablespoonfuls of sugar. Bring to boiling point and pour on the selection.

Another good way is to use one-half of the brine to one-half of vinegar. All vinegar must be thoroughly fermented and thrice reboiled before finally boiled for mixing.

The remaining brine should not be discarded but prepared with spices and rinds of lemon and citron and bottled. The latter has been used to great advantage in heart troubles, malaria and fevers.

Spiced condiments will be found of great remedial value in the spiritually or morally based. Used in small quantities with wholesome foods, particularly baked or broiled vegetables, free from additional water, will have a surprisingly beneficial effect in disorders that our pharmacopœal potions could not even phase. When well let spiced condiments alone. Should be used only when negative. But in cases of severe colds do not use pickled condiments.

### GHERKINS.

Commercial gherkins are practically unfit for medicinal purposes. The proper way to prepare them is as follows: Select finger-thick green pickles; wash them well; place them in cold salt brine for eight hours. Take them out and dry them with a clean towel. Put them layer upon layer into glass jars, adding to each

layer the desired quantities and kinds of spices and herbs, taking care not to use many cloves, if any. Now boil well strained vinegar, adding one tablespoonful of sugar to each pint of vinegar. (Cider vinegar or grape vinegar only should be used. The better way is to mix claret with vinegar, half and half, weeks beforehand, and let it stand in a jug near the fireplace.) The vinegar should reach the boiling point over a quick fire and immediately be poured on the gherkins, making sure that the liquid covers the contents to the very top. Screw the tops on tight and immediately wax, placing jars in a dark, dry, cool place. May be used after six weeks. Do not use *ground* mustard in your pickling. All seeds must be used *whole*.

The physically based can use gherkins to great advantage when under the weather and a little out of sorts.

### DILL PICKLES

Rightly prepared can be used to great advantage in disorders of the digestive organs,\* particularly the liver and where there is starch poisoning. But the secret lies in the preparation. Select medium-sized green cucumbers. Wash each one of them and rub dry. Slip them gently into a tub of boiling hot brine and leave them in for two to three hours or until cold. (The brine must be heavy enough that a raw egg will keep on top of the water.) Now put the cucumbers in an earthenware crock or an old whisky barrel, layer upon layer, starting with a layer of grape leaves, dill, then cucumbers and so on, ending on top with a layer of grape leaves and dill. Bring the same salt brine to a boil again. When ice cold pour into the vessel filled with cucumbers. When filled to the very top, place a porcelain or an earthenware lid on inside of vessel and a heavy rock so as to keep contents tight and to keep the scum which will form from touching the pickles. Whenever scum forms it should be skimmed. Vessel must be kept in a cool, dry, dark place. Properly done, the dill pickles are ready for use in ten days. The brine is used effectively in cases of constipation.

Dill pickles are of advantage to the physically based during the cold season. May be used frequently. Where used in excess mustard cucumbers must be used to counteract organic disorders.



### **MUSTARD CUCUMBERS.**

Select yellow, ripe cucumbers of a fair size. Peel them. Cut crosswise into four to six strips each. Take out all the seeds. Place them in layers and salt them well. Let them stand over night for eight to ten hours. Take them out one by one and dry them with a scrupulously clean towel. When thoroughly dried place them in earthenware cooking pot in layers. Over each layer sprinkle quite freely, but not too much, whole mustard seeds and two bay leaves. When done bring to a boil selected fine grape vinegar, just enough to cover the contents of cooking pot. Add to each pint of vinegar one tablespoonful of sugar, four sticks of cinnamon, and eight cloves. Remove cinnamon and cloves from the vinegar before pouring on the contents of the cooking pot. A porcelain plate on top of the contents and a clean cloth or heavy paper over the top will suffice to keep the mustard cucumbers wholesome. Can be put up in glass jars. A few thin sliced onions, Bermudas and Spanish, over each layer of cucumbers, will add to the relish.

Mustard relish may be used to an advantage by the three bases, depending entirely upon the condition of the trouble.

### **TEA FOR INVALIDS.**

The intellectually based should use Japanese garden and green tea, first picking.

The spiritually based Chinese or Oolong and Russian tea.

The physically based will find India, Ceylon, Congou and Souchong tea the better.

When out of sorts or under the weather, nervous or negative, chew a pinch of tea leaves. When reduced to a pulpy consistency expel. In case the pulp tastes weedy and bitter, it is because the tea is tainted and not as represented. Use only selected teas for medicinal purposes. Must be used without cream or sugar. Can be used with lemon and rum, arac, or Cognac.

### **MILK DIET**

Will be found of great aid in restoring organic disorders. To gain good results one must abstain from all foods and confine one's self



to one glass of milk every two hours, just as we would feed a babe. When you feel you would like something else besides milk eat a grated apple, three to four grated almonds, or use a few leaves of lettuce or endive. In case you think milk disagrees with you, take a half-teaspoonful of charcoal first and sweeten your milk with a little honey. Five weeks of milk diet will suffice to set one right. Where bowels won't move regularly use two hot water injections and finish up with an after injection of two quarts of hot milk. Expel slowly, but do not force yourself. Drink the milk through a *straw*, not paper straws. If you have no straw, then be sure you sip your milk slowly and thoroughly, masticate it before swallowing.

### LEMON DIET.

Lemon is one of the few acidulous fruits that can be used to a great advantage. In heart, liver, bladder and kidney troubles particularly effective. Use the juice of one lemon, well salted, one-half hour before each meal and the clear juice of one lemon after each meal. When hungry place a slice of lemon on tongue and expel as soon as turning bitter. When thirsty use lemon juice. Add more lemon juice daily until you can take seven to more lemons. Take the juice through a straw. Always wash the teeth after using lemons.

Lemons hold their own nearly all the year round and can be used to great advantage as nerve-tonic or a purgative, depending on the combinations made. In cold water lemon proves cooling; in hot water promotes perspiration; well salted raises the heart action through the mild operation of the liver. Taken immediately after a cup of drip coffee with a quantity of rich cream it acts as a purgative. In small quantities of oil proves nourishing; lemons mixed with oil make a skin food, eradicating skin disease, all else being equal; the same applied to the scalp removes dandruff and stops falling out of the hair; beaten into sweet milk, the juice of one lemon to a glassful of milk will eliminate acids from the system and cure rheumatism, kidney complaints and bile troubles. In fact, the lemon can be utilised in so many ways that it may safely be called a universal remedy.

# MENUS AND SEASONABLE DIRECTIONS.

## BILL OF FARE FOR A SIMPLE LIFE.

### CHRISTMAS WEEK.

#### FIRST DAY.

*Breakfast*—Wine glassful of Vermouth Cordial.

*Lunch*—Apple Pudding and Sauce.

*Dinner*—Cream Soup, Entrée à la Sultana. Nut Salad.  
Breadsticks.

#### SECOND DAY.

*Breakfast*—Orange Juice.

*Lunch*—Apple Soufflé with Shredded Cocoanut. Tapioca  
Pudding.

*Dinner*—Barley Soup, Entrée, Fruit Salad, Fruit Cake.  
Wisdom Drink.

#### THIRD DAY.

*Breakfast*—Grated Apples.

*Lunch*—Banana Salad with Grated Cocoanut.

*Dinner*—Rice Soup, Macaroni à la Royal. Nut Salad.  
Tart Apple Juice.

#### FOURTH DAY.

*Breakfast*—Orange Juice.

*Lunch*—Apple Soufflé and Rice.

*Dinner*—Macaroni Soup, Savoury à la Simple. Nut Salad.  
Custard Tart.

## FIFTH DAY.

*Breakfast*—Hot Lemonade.

*Lunch*—Sweet-corn Fritters and Vegetable Salad.

*Dinner*—Vegetable Soup. Savoury à la Famille. Vegetable Salad.

## SIXTH DAY.

*Breakfast*—Linden Tea.

*Lunch*—Apple Salad and Tapioca.

*Dinner*—Rice Soup. Fruit Salad. Macaroni and Cheese. Cup of Coffee.

## SEVENTH DAY.

*Breakfast*—Oranges.

*Lunch*—Rice with Cream Sauce.

*Dinner*—Potato Soup. Entrée with Sauce. Potato Salad. Bread and Cheese. Rice Pudding. Tea.

**THE CHRISTMAS SEASON**

Generally lasts for two weeks, taking in the New Year's week, and is considered as the longest holiday season, where feasting seems to know no bounds, and where we may break over the rules, providing we keep within reasonable bounds. We want the best nuts, fruits and beverages. We want nice and dainty dishes. Of everything the very best. Even the decorations should play an important part. It is self-understood that the home should undergo thorough overhauling. Rapp-trapp is to be removed. The needy should be remembered and given an opportunity to make use of what we really do not need. If we can make lonely hearts happy we should do so by all means at this season, a time of great expectation. Then our dishes will taste by far better, and partaken of in a spirit of great satisfaction ; the food and drink will turn into great blessings and the healing of our shortcomings, physical as well as mental.

Raw foods, as well as baked and cooked foods are now seasonable, hot as well as cold, and wherever occasion demands it stimulants of a mild nature are permissible.

**MENU FOR WINTER SEASON.**

## FIRST DAY.

*Breakfast*—Hot Water or a small cup of Herb Tea.

*Lunch*—Cream Tomato Soup and Bread.

*Dinner*—Vegetable Soup. Vegetable Salad. Poached Egg and Bread. Chestnut Drink.

## SECOND DAY.

*Breakfast*—Barley Drink.

*Lunch*—Vegetable Salad with Dressing and Bread.

*Dinner*—Barley Soup. Entrée. Nut Salad. Apple Pie. Cocoa.

## THIRD DAY.

*Breakfast*—Vermouth Tea in thimble cups, with a slice of Lemon.

*Lunch*—Cottage Cheese Sandwich and Ripe Olives.

*Dinner*—Vegetable Soup. Macaroni and Browned Sauce. Beet Salad. Triscuit with Apple Soufflé. Roseleaf Tea.

## FOURTH DAY.

*Breakfast*—Hot water with a pinch of Salt.

*Lunch*—Bean Soup and Bread.

*Dinner*—Rice Soup. Royal Savoury. Ripe Olives. Potato Salad. Custard Tart. Catnip Tea.

## FIFTH DAY.

*Breakfast*—Oranges and one Fig.

*Lunch*—Flaked Rice and Cream.

*Dinner*—Tapioca Pudding. Fruit Salad with Dressing. Slice of Bread. Fruit Cake and Sauce.

## SIXTH DAY.

*Breakfast*—Grated Apple.

*Lunch*—Juice of two Oranges.

*Dinner*—Apple Soufflé Triscuits. Apple Pudding with Sauce.



## SEVENTH DAY.

*Breakfast*—Chestnut Drink.

*Lunch*—Raisins and Blanched Almonds, Flaked Rice.

*Dinner*—Macaroni and Cheese. Nut Salad. Cake. Lemonade.

## WINTER SEASON

Is a time of great activity, mental as well as physical. Good, wholesome, substantial food is to be preferred. We find in grains, nuts, fruits and vegetables all we need. It all depends upon our selection and the proper combinations. It is not wise to eat too heavily nor too hastily. Take your time. When tired from overwork, we will find a bath before our dinner the best tonic. To keep our windows in the bedchamber open during sleep will be of great benefit to us, and aid digestion as well as tone up the nerves. We are to use plenty of bedding, but it must be of the lightest texture, while our nightgowns should be linen. A good, clean, comfortable bed and a well ventilated room are as necessary to the recuperation of the organs of the body as clean dishes and properly selected foods.

The moment we notice a negative condition in our mental or physical state we will do well to abstain from further food at once.

Colds are quickly arrested through abstinence from food, and hot baths.

Make it a point to prepare all your salads raw, and use red beets, turnips, carrots, parsnips and potatoes freely when of a hard-working disposition, but confine yourself to a great deal of fruit if largely mentally engaged.

Never change underwear from light to heavy. Wear very light underwear, the same as in summer. You will never have any colds, nor ever get rheumatism or consumption.

## LENTEN SEASON.

After months of feasting and high living, Lenten season reminds us of the time for purification, and it is well to fast at intervals, followed by a very light and simple diet. Those not

abstaining from food entirely will do well to live upon fruit juices largely, like grapefruit, oranges with lemon juice, or apple soufflés made from two grated apples and the juice of one orange, flavoured with a dash of nutmeg. Cream may be used with fruit juices. It is well to take daily from two to six grapefruits and if hungry eat a little Jewish unleavened bread, or health sticks made from whole wheat flour, or rice flour with a small quantity of finely ground raw peanuts. Pineapples should be used sparingly during Lenten season. All the tropical fruits as they come should be used alternately as tonics and eliminators. Man should live in this way for about forty days, and then prepare for the Easter season, beginning with Palm Sunday, to eat very sparingly, but tone up the stomach with an absolute fast on Good Friday. Saturday should be a day of preparation and either that day or Sunday morning should be used as the day of regeneration by going out into the country, taking a plunge in a running stream and after being dressed partake of a glassful of good old wine. Going home with rejoicing, following one's own method of religious devotion.

From time immemorial it was a recognised fact, gained through life-long experience and keen observation, that Lenten season, or the time preceding the opening of spring, was the best and most effective time for the purification of the body and the preparing of the same by the use of tender herbs and plants containing healing qualities. The church in Egypt, Babylonia, Syria, India and other countries had a regular calendar of fasting seasons and fast days. Even the early church in Christendom laid a great deal of stress upon fasting. Civilisation has dethroned it, consequently disease and disaster.

A fast means that one should abstain from food entirely and only quench one's thirst with hot water.

Invalids should use the juice of grapefruits, or use grape juice with boiling hot water.

Others, again, fare well on different herb teas, from barks, roots, blossoms or leaves. One should use the young shoots of springtime, the tender bark of the cherry, plum, willow, the roots

of sarsaparilla, orris, sassafras, dandelion, leaves of the violet, dandelion, yarrow, sorrel, watercress, blossoms of the violet, rose, lilac, cherry.

Live strictly and abstain from heating foods and drinks for forty days, and thy days will be long in the land, particularly so if you raise your mind in thanksgiving to the terrestrial parent-hood, and in honour to father and mother devote a few moments in reverential devotion. The blessings of father will thus give thee possessions of the earth and a mother's love aid thee in thy enjoyments. Unto this end let all things prosper.

### **EASTER WEEK.**

#### **A TIME FOR REASONABLE FEASTING.**

##### **FIRST DAY.**

*Breakfast*—Dandelion Salad.

*Lunch*—Lettuce and Poached Egg.

*Dinner*—Rice and Cream. Vegetable Salad.

##### **SECOND DAY.**

*Breakfast*—Dandelion and Chives.

*Lunch*—Cottage Cheese Sandwich, with Cress Salad.

*Dinner*—Scrambled Eggs and Bread, Tapioca Pudding.

##### **THIRD DAY.**

*Breakfast*—One raw Carrot.

*Lunch*—Egg Sandwich with Lettuce and Mayonnaise Dressing.

*Dinner*—Farmer's Rice. Cheese Sandwich, Cress Salad. Water Biscuits.

##### **FOURTH DAY.**

*Breakfast*—One raw Carrot.

*Lunch*—Beet Tops Salad and Muffins.

*Dinner*—Vegetable Soup. Nut Salad. Bread. Mustard Leaves or Cress.

## FIFTH DAY.

*Breakfast*—Glass of Hot Water.

*Lunch*—Noonday Prayer.

*Dinner*—Raw Egg with a dash of Salt and Cayenne Pepper, and Thanksgiving in your heart.

## SIXTH DAY.

*Breakfast*—Sponge bath before sunrise, or bathing in dew.

Take a long walk ; meditating.

*Lunch*—Raw Rhubarb Salad on Lettuce.

*Dinner*—One Egg fried in Butter with Lettuce and two Triscuits.

## SEVENTH DAY.

*Breakfast*—A walk and cold plunge. Small glassful of Old Wine.

*Lunch*—Scrambled Eggs with Chives and Jewish unleavened Bread.

*Dinner*—Vegetable Consommé. Vegetable Salad. Macaroni and Mushrooms, with Tart Sauce. Thimbleful of Wine.

*Easter Week* is followed by six weeks of hard labour, outings, sports and feasting. Use the products of the season and make up deficiencies and cravings for other foods very sparingly. Eggs should be eaten in large quantities. Oils to be used in salads only. Fresh butter, particularly sweet butter, to be used upon all occasions. For five weeks have mushroom sauces on rice. Get all the greens the market offers. If your stomach kicks up and won't behave after you have tried to be good, eat spinach in large quantities with just a dash of cayenne and salt, and enough lemon juice to cover the dish. Use no grains, cereals, nuts, oils or butter and eggs for three days. Simply live on spinach and other greens. After that take for several mornings a tablespoonful of fresh pineapple juice and eat regular courses.

*Remember* to confine yourself largely to home-grown victuals.

*Make it a Rule* to break away from cooked dishes as much as possible, and learn to live upon raw foods, quickly and easily prepared. This season will prove the best to gradually grow into the



habit of a simple life. Expose the body by degrees to the air and sunshine. Learn to live upon the produce of your own climate and local market, using foreign-grown fruits and vegetables merely as eliminators, or when a tonic is absolutely necessary. The more simply we live the better for us.

Whatever you do, let it be done gradually and follow the still small voice conjointly with judgment and reason. Easter season, or the early springtime, is most conducive to the eradication of diseases, growing in health and strength with the advance of the season. But we must be reasonable and watch nature ; follow in her footsteps and accept from her the tender roots and shoots, the leaves and blossoms.

### **MENU FOR EARLY SPRING SEASON.**

**Strict Observance of the Simple Life at This Particular Season Eliminates All Accumulations, Insuring Health and Happiness for the Entire Ensuing Year.**

#### **FIRST DAY.**

*Breakfast*—Walk barefoot for five minutes ; wash face and hands in morning dew.

*Lunch*—Poached Eggs on Toast. Asparagus. Bread Sticks.

*Dinner*—Macaroni with Mushroom Sauce. Cottage Cheese with Chives and Cream. Buttered Toast. Dandelion Salad.

#### **SECOND DAY.**

*Breakfast*—Five-minute run on lawn. Thimbleful of Violet Tea.

*Lunch*—Lenten Chops with Mushroom Sauce. Sliced Radishes on Lettuce. Swedish Bread.

*Dinner*—Farmer's Rice. Cheese Patties. Hot Biscuit with Butter. Cress on Lettuce, with Nut Cream.

#### **THIRD DAY.**

*Breakfast*—Chase yourself all over the yard and pant for breath just for a minute.

*Lunch*—Hard boiled Eggs. Dry Rice Flakes. Mushrooms with Butter gravy.

*Dinner*—Deviled Eggs. Bread Sticks. Lettuce Salad with Mayonnaise.

#### FOURTH DAY.

*Breakfast*—Plunge feet into cold water a dozen times and run about the house until dry.

*Lunch*—Fried Eggs. Hot Biscuit. Dandelion Salad with Nut Cream.

*Dinner*—Rice Soup. Cottage Cheese with Chives. Mushrooms and Onion Salad. Fresh Bread.

#### FIFTH DAY.

*Breakfast*—Five-minute run with bare feet.

*Lunch*—Scrambled Eggs. Jewish Unleavened Bread. Shredded Lettuce with Green Onion Tops and Mayonnaise.

*Dinner*—Lenten Chops with Mushroom Sauce. Bread Sticks. Dandelion Salad. Rice Pudding.

#### SIXTH DAY.

*Breakfast*—"Grasshopping" and a run through the house.

*Lunch*—Egg Sandwich with Mayonnaise.

*Dinner*—Casseroled Eggs with Dry Toast. Mushrooms with Parsley and Jewish Unleavened Bread. Vegetable Gelatine with Lemon.

#### SEVENTH DAY.

*Breakfast*—A run and a bath in dew.

*Lunch*—Onion Omelette. Dandelion Salad.

*Dinner*—Mushroom Soup. Nut Loaf with Mushroom Sauce. Radish Salad. Cottage Cheese with Jewish Unleavened Bread or Triscuit.

### MID-SPRING SEASON.

#### FIRST DAY.

*Breakfast*—Plunge and a walk.

*Lunch*—Strawberries with Cream, and Rice Flakes.

*Dinner*—Asparagus on Toast. Spinach with Egg. Gluten-bread. Tapioca Pudding.

## SECOND DAY.

*Breakfast*—Take a walk.

*Lunch*—Macaroni and Cheese. Cress Salad with Mayonnaise.

*Dinner*—Milk Rivelets or Farmer's Rice. Mushrooms with Cream Sauce. Salt-rising Bread. Rice Pudding.

## THIRD DAY.

*Breakfast*—Breathing out exercise for five minutes.

*Lunch*—Pineapple Juice. Nut Sandwich.

*Dinner*—Cottage Cheese Patties with Nut Cream Bread Sticks. Dandelion Salad. Tapioca Pudding.

## FOURTH DAY.

*Breakfast*—Empty the lungs to their utmost.

*Lunch*—Biscuits and Milk.

*Dinner*—Asparagus with Cream Gravy. Boiled Rice. Lettuce Salad. Custard Pudding.

## FIFTH DAY.

*Breakfast*—"Grasshopping." Pinch of Powdered Egg Shell.

*Lunch*—Brown Bread with Mushroom Sauce. Lettuce Salad.

*Dinner*—Rice Patties with Cream Sauce. Spinach and Egg. Griddle Cakes. Cereal Coffee.

## SIXTH DAY.

*Breakfast*—Dew bath and a pinch of Egg Shell Powder.

*Lunch*—Egg Sandwich and Lettuce Salad.

*Dinner*—Rice with Indian Curry. Dandelion Salad. Coffee.

## SEVENTH DAY.

*Breakfast*—"Grasshopping," and a pinch of Egg Shell Powder.

*Lunch*—Cottage Cheese Sandwich. Green Onion Salad with Nut Cream.

*Dinner*—Vegetable Purée. Vegetable Sausage with Mushroom Sauce. Asparagus on Toast. Vegetable Gelatine with Lemon Juice.

*Remember* that it is well to confine oneself to raw foods to a greater extent, using prepared or cooked foods only on rainy, damp and chilly days.

### LATE SPRING SEASON.

#### FIRST DAY.

*Breakfast*—Thorough rub over the body.

*Lunch*—Strawberry Short Cake and Cream.

*Dinner*—Vegetable Consommé. Pease with Potatoes. Asparagus with Mint Sauce. Cottage Cheese with Chives. Oriental Bread or Bread Sticks.

#### SECOND DAY.

*Breakfast*—Plunge. Pinch of Brown Sand.

*Lunch*—Asparagus on Toast. Sliced Tomatoes on Lettuce.

*Dinner*—Vegetable Pie with Cream Sauce. Cottage Cheese with Onion Tops. Buttered Toast. Cress Salad. Currant Tart. Buttermilk.

#### THIRD DAY.

*Breakfast*—Full massage and Sunbath.

*Lunch*—Triscuit with Cream and Strawberries.

*Dinner*—Vegetable Roast with Cream Sauce. Potatoes and Cream. Raw Beet-root Salad. Hot Biscuits. Rhubarb Tart. Buttermilk.

#### FOURTH DAY.

*Breakfast*—Sunbath.

*Lunch*—Bread and Buttermilk.

*Dinner*—Carrots and Pease. Potatoes with Cream Gravy. Cheese Patties. Boiled Rice with Tomato Sauce. Sliced Tomatoes.

#### FIFTH DAY.

*Breakfast*—Rolling in grass. Thorough rub. Pinch of sand.

*Lunch*—Currant Tart. Buttermilk.

*Dinner*—Vegetable Roast with Tomato Sauce. Carrots with Cream. Potato Salad. Coffee.



## SIXTH DAY.

*Breakfast*—Sunbath.

*Lunch*—Strawberries with Cream. Nut Sandwich.

*Dinner*—Cream of Pea Soup. Vegetable Fritters with Nut Sauce. Baked Potatoes. Carrots with Parsley Sauce. Currant Tart. Ices.

## SEVENTH DAY.

*Breakfast*—"Grasshopping," and a pinch of sand.

*Lunch*—Fried Eggs. Triscuit. Lettuce Salad.

*Dinner*—Potato Cream Soup. Vegetable Roast with Tomato Sauce. Tomato Salad with Mint Sauce. Strawberry Short Cake with Whipped Cream. Hot Tea.

**THE LATTER PART OF SPRING**

Gives us an abundance of vegetables and plenty of fruit to make our selection from. A little experimenting will soon show that it is a pleasure and a great delight to find out for oneself the great benefits to be derived from the right and careful preparations and combinations.

Remaining within the limitations of home-grown products, using grains and nuts only when absolutely necessary in the compounding of palatable dishes, we will find it an easy matter to keep well and happy.

Learn to sleep without gowns and you will not be troubled with catarrhs, neuralgia, rheumatism, consumption and urinary diseases.

**MENU FOR SUMMER SEASON.**

**Use Raw Foods Exclusively, and Deviate From the Rule Only at Change of Weather ; or When Damp, Chilly or Rainy.**

## FIRST DAY.

*Breakfast*—Cherries.

*Lunch*—Strawberry Short Cake.

*Dinner*—Cherry Tart. Ices.

## SECOND DAY.

*Breakfast*—Hot Lemonade.

*Lunch*—Bran Drink and Cottage Cheese Sandwich.

*Dinner*—Strawberry Cake with Whipped Cream.

## THIRD DAY.

*Breakfast*—Small Berries.

*Lunch*—Nut Salad and Apples.

*Dinner*—Flaked Rice and Cherry Salad with Cake. Tea.

## FOURTH DAY.

*Breakfast*—Raspberries.

*Lunch*—Apple Soufflé and Custard Tart.

*Dinner*—Small Berries with Cream. Bread and Tea.

## FIFTH DAY.

*Breakfast*—Hot Water.

*Lunch*—Bran Lemonade.

*Dinner*—Rice Flakes. Sweet-corn. Beet-root Salad.

## SIXTH DAY.

*Breakfast*—Stone Fruits.

*Lunch*—Fruit Cake.

*Dinner*—Fruit with Bread and Butter. Buttermilk.

## SEVENTH DAY.

*Breakfast*—Small Berries.

*Lunch*—Cheese Sandwich. Milk with Lemon Juice.

*Dinner*—Cream Tomato Sauce. Tomato Salad with Mayonnaise. Bread and Butter. Milk or Apple Pudding.

**AUTUMN SEASON.**

## FIRST DAY.

*Breakfast*—A few extra well-drawn breaths. A drink or two of Water.

*Lunch*—One Apple. One Orange. One Fig. Three Almonds. Tablespoonful of Pine Kernels. Biscuits.

*Dinner*—Fruit Salad. Boiled Egg with Mayonnaise. Flaked Rice.

## SECOND DAY.

*Breakfast*—A pinch of sand. A few more breaths.

*Lunch*—A Pear or Persimmon. Two Dates. Two Locusts.  
Swedish Bread.

*Dinner*—Chestnut Soup. Flaked Wheat. Two Apples.  
Six Almonds. Apple Pie.

## THIRD DAY.

*Breakfast*—Stretch body and take a few extra breaths,  
with a wineglassful of Fruit Juice.

*Lunch*—One Banana. One Orange. One teaspoonful of  
Pine Kernels. Shredded Wheat.

*Dinner*—Banana with Shredded Cocoanut. One Fig. Two  
Dates. Rice with Whipped Cream. Peach Tart.

## FOURTH DAY.

*Breakfast*—Watermelon.

*Lunch*—One Carrot and one Beet-root grated and served  
on Lettuce with Parsley or Onion Tops. Oriental Bread.

*Dinner*—Flaked Oats with Cottage Cheese. Nut Salad.  
White of Egg with Lemon Juice. Plum Tart.

## FIFTH DAY.

*Breakfast*—Watch the rising of the glorious sun and bask  
in the sunshine. Then take a walk barefoot, and a glass  
of hot Lemonade.

*Lunch*—Watermelon and Cakes.

*Dinner*—Indian Corn Bread with Nut Butter. Beet-root Salad.  
Turnips with Cream Sauce. Egg-plant Fritters. Tea.

## SIXTH DAY.

*Breakfast*—Musk-melons.

*Lunch*—Peach Tart and Cheese Sandwich.

*Dinner*—Corn on Cob. Salsify Fritters and Mashed Turnips.  
Watermelon.

## SEVENTH DAY.

*Breakfast*—Apples.

*Lunch*—Cream Cheese and Biscuits.

*Dinner*—Apple Soufflé. Apple Fritters. Rice and Nut Cream. Peach Salad. Bread with Cottage Cheese. Plum Pudding with Brandy Sauce. Coffee.

**THE AUTUMN SEASON**

Reminds us of our opportunity in consuming large quantities of fruits, particularly grapes. In eating grapes for medicinal purposes, and that is really the object of our eating grapes, we should take our time. Eat slowly, masticate them well, but do not swallow the pulp. Grapes eaten in large quantities will cure all intestinal troubles, dissolve gravel and stone, arrest cancerous and fibroidal growths. Used in connection with large quantities of fresh milk, will cure consumption. Eat every kind of fruit and in large quantities, leaving just enough hunger to still the same with a crust of bread.

Do not change weight of underwear with the increase of colder weather. Simply eat a trifle harder foods and keep more lively, either with work or in the agitation of such amusements that prove an honour to the community.



# HINTS OF THE SEASONS.

## WINTER.

### DECEMBER.

**D**ECEMBER is the month of rejuvenation and regeneration. It is the month of rest from the enervations of electric vibrations.

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As an indisputable principle the observation of the seasons and the selection of foods as to the products of time will continue to hold good for ever, and the more strictly we observe this simple, natural rule, the less trouble we shall have in knowing just what we shall eat and what we shall drink, for the joys of life in a kingdom of God do not consist of mere eating and drinking. We shall then understand more fully that not the food and drink themselves, but the results thereof, are the defilers of the body.

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With the advent of cooler nights and colder days the average man resorts to heavier underwear. This is a sad mistake, and one of the principal means of creating colds, catarrhs, neuralgia, coughs, fevers and stomach troubles. Remember that the home, the office, the shop and store are warmed, and only when going outdoors you want protection, which is furnished by an overcoat, mantle, cape, high collar and frequent changes of stockings. Even the use of overshoes and galoches ought to be decried, and only resorted to by those whose vocation is that of standing in water or wet places for hours.

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A change of garments after a walk in the cold and damp air on a wet day will do more toward warding off disease than the taking of medicine, and a hot bath after a hard day's work or uncomfortable travel will do more toward resting a person than the "squarest" meal or a good bed. After a good but quick bath, and a change to clean garments the simplest of meals will prove most wholesome, and a few hours of restful sleep will renew the vital forces and recreate one's powers for further activity.

Never get too near a fireplace or a radiator. If you feel chilled in a well-warmed house it is because the air is stagnant. Open the windows and let a draught pass through the house or the room. As the room warms up you will notice the difference.

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A cold breeze eases our breathing and a walk in cold air improves our complexion particularly when we keep our skin well rubbed with scented petrolatum liquidum.

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Leaving a warm house on cold, rainy days, it is best to partake of a few drops of herb or spice cordial rather than take hot tea or coffee.

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A season of feasting is before us, but that does not mean that we may gormandise. Nay, it means that our ingenuity may be used in the direction of preparing most palatable dishes of the good things nature has so bountifully bestowed upon us, that by proper combinations we may not miss the joys of brighter seasons, and learn to bridge over from one season to another, enjoying fired dishes equally as well as the solarised ones.

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The season of feasting allows pickled fruits and vegetables, also roasted nuts as relishes, but not as food.

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Soups are in order for the normally healthy, and are an indispensable and inexpensive dish to subsist upon during the colder days of the season.

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Remember, now that damp and cool the nights, let all your liquid foods be cold, while solids hot should be. Make this the rule and you will have a pleasant alvine stool. But if reverse you will this rule, just think who in that case is fool, while if you eat and drink quite hot, you soon will turn a sorry lot.

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The ordinary man requires four quarts of liquids a day to keep well, which he receives through his food and the drinks that go with his meals. If he craves for liquids besides those already consumed then it is because his dishes are spiced and seasoned too heavily as well as wrongly compounded, and do not suit his

temperament and constitution. When craving water use lemon juice in small quantities quite frequently, and until all taste for water is gone. But correct your methods of living, as therein lies the secret that points out the road to good health.

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The use of alcoholics should be rather sparing, and of cordials vermouth will prove the best.

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Camomile blossoms as tea are now in order, and used with a little ginger root will prove a tonic and a relief in pulmonary affections. Those troubled with indigestion should not use ginger.

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Grains and cereals in general, owing to their concentrated nature, may be diluted with water as in bread or in the form of gruels, but vegetables and fruits prove more beneficial when not cooked with water. For this reason they should be baked. Very nice dishes can be made by grating carrots, turnips, parsnips, potatoes, etc., and thoroughly stirred with eggs and flour, will make a dish that takes the place of the usual entrées, in fact be preferred, because these palatable dishes will not only be wholesome and nourishing, but will prove remedial as well.

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Children should have their bread and muffins lightly buttered and heavily honied during the wet season or cold weather.

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The days of barley gruels are upon us, also barley entrées and barley drinks at night, alternated with twenty-minute chilled rice and apple sauce.

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The more cereals and bread you eat, the more water or liquids you need to keep normal in alvine calls, since grains or cereals are nature's concentrated foodstuffs. Cereals and bread are to be eaten by the muscularly active. Others should use a few nuts if their system craves concentrated foods.

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Bread and cereals, to be of any value, must be masticated thoroughly, and well mixed with saliva, swallowed carefully, and there should be an interval of at least nine seconds between a swallow and the next mouthful.



The most wholesome cereal dish is freshly ground wheat, sprinkled in boiling water, and allowed to boil slowly, while stirring, for ten minutes. A little batter or cream will improve the taste. May also be eaten with nuts, honey and fruit juices.

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In case of dried fruits it is best not to stew them, but wash them thoroughly and let them soak for several hours in fresh or bottled fruit juices, without sugar. Because of their richness in this state use them moderately and notice the improvement in complexion, the sweet disposition, and the brightness of the mind.

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Nuts in small quantities will be a good substitute for oil, of which as little as possible should be used except in cooking.

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Do not use any water in your cooking and you will not only fare better but you will eat less, as your food will be more wholesome and better assimilated.

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Keep vermouth, sage and dandelion on hand. Make drinks with sterilised maple syrup, honey, brown rock candy and the juice of lemon. In small quantities in the morning and at night, will aid you greatly in preventing troubles.

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We find that the majority of people *waste* more than they really *use*. More is cooked and prepared than is needed. If left over till the next day, the "rehashing" only requires time and the spicing of foods to cover the decaying and foul taste. Cook less and prepare less. Make up for the deficiency with a slice of bread or a raw carrot. In case there are left-overs, do not keep them for the morrow. Remember the prayer: "Give us this day our daily bread."

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The man of leisure should eat very little if healthy he would be; a working man needs more substantial food, and to the extent of nerve exertion, variety is called for in combinations.

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As long as there are fresh fruits and crisp vegetables on the market, let us subsist largely on them.



Fruits should be eaten for the first meal of the day. All other meals should consist of vegetables, grains and nuts or nut creams.

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Eat fresh apples rather than the divers dried fruits, and pumpkins and squashes where fruits disagree.

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One-half of a scraped apple, one sliced banana and the juice of an orange with three tablespoonfuls of rich cream eaten for our first meal of the day will suffice to keep us *regular* for the remainder of the day. Establish this fruit habit and enjoy a cure from abnormal appetites.

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For a clear complexion take three tablespoonfuls of fresh bran, mixed with one grated apple, and half a cupful of sweet cream for your first meal of the day. Eat slowly and masticate thoroughly.

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Grated apples with cream can be eaten even by those who are acidulous. A dash of nutmeg, cinnamon or mace will help to eliminate the acid.

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White grapes, a few grated almonds and, lastly, a triscuit, will suffice to lead you back to the simple life.

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As long as grapes will keep, use them in their natural state instead of resorting to grape juice.

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Take a grape-fruit treatment if suffering from brain-fag and generative troubles. Take the juice only. Prepare freshly for each meal. If lacking heat, take a hot bath at night, and a cold plunge or sponge bath in the morning.

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Use persimmons before your meals as long as your stomach will not behave. You are not to have coffee with your meals as long as you use persimmons as a tonic.

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Persimmons can be used in so many ways, and for so many different purposes that each one of us will have to find out for our own satisfaction in what state or condition to use them. A very

soft and well-ripened persimmon acts on the kidneys and bladder ; a partly soft and partly tender one works on the bowels ; partly tender and partly hard will affect the blood to good advantage, and assist in clearing the skin, making a muddy looking face turn clear and pink.

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The juice of one pomegranate in the morning, one persimmon at noon, and a wineglassful of grape-fruit juice in the evening will do more to keep you in good humour than all the knowledge at your finger tips. Reverse this routine daily during this month.

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For general debility and a run down condition make it a point to take a ten-day diet on the juice of pomegranates. Return to slim fare for a week, and take up the pomegranate treatment again.

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In case you are given to eruptions and erysipelas eat a saucedish of raw cranberries before each meal, and finish your meal with a tablespoonful of olive oil or a small handful of sun-dried, ripe olives.

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Cranberries will ward off malaria.

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Vegetables of diverse kinds grated and put into a well-buttered pan with a little more butter in it will prove an excellent dish. It may be thickened with flour to change the taste and will be still richer when mixed with eggs and flour. Never use water or milk with vegetables for entrée dishes.

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Eat your pumpkin raw if you want an eliminator and worm-expeller. To obtain quick results take on an empty stomach and before each meal about four ounces of pumpkin and a saltspoonful of anise seeds.

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Parsnips, touched lightly by frost, or thoroughly chilled in chipped ice ; then grated and spread in a well-buttered pan, and baked in the oven, will not only prove a palatable dish, but indispensable in intestinal and rectal troubles.

A few leaves of tender, raw cabbage to start one's meal will prove cooling to a swollen liver and ward off jaundice.

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Eat the hearts of crisp and tender celery daily, to quicken your depleted nerves, and in case of kidney and urethral troubles eat a handful of green celery tops after each meal for five weeks. Use no salt with celery or any other vegetables when eating them raw.

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There are carrots, turnips, beets and parsnips plenty and galore to make nice salads from. With anise, celery seeds and caraway or dill these salads always fill the bill. Green parsley and some onions will the dish improve, and adding peppers, green or red, the bowels will move. Such salads always the menu precede, so that if not in want of food all other dishes may not nurse our greed. That is the proper way to start a meal, as then you never wish for a great deal. A little soup, a piece of bread, or an entrée of simple fare will all sufficiency to you declare.

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Celery and lettuce are particularly for nervous people and those suffering from kidney affections, neuralgia, or rheumatism.

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Horseradish, fresh grated and brought to a boil in milk, thickened with a little flour, will prove an excellent tonic to liver and stomach.

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Where there are entozoa or maggots in the intestines it is well to remove them with mild cathartics, additional to preparations of grated carrot, sprinkled with anise seed, unfermented bread with neufchatel cheese or schmierkase, sprinkled with caraway seed, and drink a cup or two of dill tea.

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When chilled and negative, or under the weather with a suggestion of foreign vibrations not in harmony with perfect health, take a tablespoonful of olive oil, two tablespoonfuls of old wine, stir well; three pinches of salt and one cupful of boiling water stirred in slowly, and sip.



Be sure you rub your toes and pinch them every night and morning if you catch cold easily. Make it a point to run your fingers between the toes until the latter get dry and hot.

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A rain bath is most refreshing in case of a cold and a snow bath is still better.

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In case of coughs or colds eat nothing for a day, and when hungry take three pieces of loaf sugar, put in oven to brown, and nibble while hot. Rub the chest thoroughly with eucalyptus oil, and cover with a piece of white blotting paper. Apply the oil twice a day. Before retiring take the juice of a large raw onion. If not agreeable, slice the onion and cover each layer with a little sugar. Let stand for half an hour, and sip the juice slowly. Next day eat a grated apple with fresh cream and a soft-boiled egg.

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In colds, influenza, malaria, coughs and chest troubles take the juice of one lemon beaten with one tablespoonful of grape brandy, and two teaspoonsfuls of salt. Immediately after take one cupful of light jaborandi tea or seven to ten drops of tincture of jaborandi to one cupful of hot water and retire to a very clean bed.

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In all cases of ailments it is absolutely necessary to bathe the feet in hot and cold water, alternately, several times a day ; dry them, rub them and thereafter oil them well. Change stockings three to four times a day.

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Cold feet ; cold hands. That means poor circulation, although the organs of the body may be quite well. It means irregularity of the functions of the alvine and renal calls. The system does not remove it all, but retains a part. In such a case the blood will lack the heat which is retained within the organs of the complex whole. Take well-heated sponge baths in a warm room while you stand in cold water. Ten minutes is enough. Put on lighter stockings and lighter underwear, and move about briskly. Before you put on your stockings or when you take them off, pull every toe, rub your feet with your hands, until your feet burn and feel quite dry. Obey this law for weeks to come and you will happy be, enjoying life's great run.



Bathing in hot water, particularly where hot water is continuously being added while scrubbing, until it gets too hot for us to remain in the bathtub another minute, while perspiration not only stands in beads all over the body, but such perspiration turns into streams, such bathing has its virtues, but that is not all. To reach every pore of the skin one should resort to oil baths and note the unspeakably great benefits one will obtain shortly. To take an oil bath it is well first to take a good soapsuds bath. After a good rub apply petrolatum to the skin in small quantities; rub until a fuzz appears. Rub that off with a towel until smooth. Dry with a towel and retire. If you keep this up for three nights and then take a good hot bath until perspiration comes, you will know more about the care of the body than all the books on that subject, and it will begin to dawn upon you that the ancients in the Avesta knew more about health than you ever gave them credit for. You will know why they laid stress on anointings, using holy sweet-smelling oils, milk, wine and butter, and in some instances eggs, to make the skin active; even in many instances of scrofulous troubles giving the patient urine baths, where the niryang was procured from holy or sacred cows, which means cows fed in the wide pastures of Mithra's domains.

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The winter months, whether of the north or the extreme south, are the most congenial season for attention to the body deficient in health. It is well to chill the body, but we should resort to dry rubs immediately thereafter and heat the surface of the skin by our own efforts. A chilling is best done by pouring warm water out of a small teapot very slowly over the forehead, the right and then the left ear, the neck, the right and the left shoulders, the right and the left breasts, the right and the left hips, thighs, calves of the legs, insteps, soles and, lastly, toes of the feet. Immediately afterwards take cold water and go through the same performance. When using cold water it is well, immediately after the tingling sensation begins, to rub the parts affected with your own hands even if a little effort on your part becomes necessary. When you are through with the treatment rub the body dry and anoint all the tender places with almond oil. Keeping this up for several nights

and mornings you will be surprised at the good results and vigour attained. Sick spells are banished with the first treatment and a loathsome and lingering disease disappears after a few applications. Make it a point to relax as much as possible while the tingling sensation is felt through the nervous system. Let your food be plain and avoid bakeware containing yeast or bicarbonate of soda, for a time at least. Light herb teas, such as jaborandi, camomile, clover blossoms, elder blossoms and linden and rose blossoms, will aid a cure.

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It is very hard to get good buttermilk in a city and derive the benefit expected from the use of true buttermilk. Make your own drink by beating the juice of one-half to one lemon to a glass of sweet milk. It is a better tonic for the stomach than bitters.

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Garlic in milk in large quantities for ten days, alternated with a dose of five drops of oil of eucalyptus in a wineglassful of hot water taken internally, will do more in eradicating the pangs of dyspepsia, stomach, liver and intestinal troubles than all other methods of dieting. Twelve cloves of garlic taken twice a day will not be any too much. True, this is not a very pleasant treatment, but it is effective and of no long duration.

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Sour milk junket with wholesome bread, particularly Indian corn bread, will keep the system comfortable and the bowels open.

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Mild and effective passages may be insured through the use of whey. Whey is really the clear water that gathers in the clabber. To obtain it we simply need to set a quart of milk aside, either in a bottle or a jar. Cover the jar with a paper lid perforated with very small holes. It matters not whether the jar stands in the light or in a dark place, but it should not be near a stove or a radiator. After standing for five to eight days the whey-water will be ready for use. One wineglassful of that water taken upon an empty stomach will act upon the liver, and one hour after a meal one wineglassful of whey-water will aid and hasten digestion, acting readily upon the kidneys. It will prove a great factor in colds and

in breaking up fevers. Use whey-water only at intervals, from time to time, or whenever absolutely necessary. Whey acts better upon the system than the best prepared lemon concoctions.

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Whether North or South, at the poles or at the equator, the season is favourable to the formation of *fermentas*, dissolving and absorbing the bacteria that so numerous and so rapidly increase in the alimentary canal and intestines of mammalia creatures. The winter season is favourable to the growth and accumulation of bacteria, beginning with the latter part of autumn and reaching its height at the opening of spring. In eastern countries this fact has been recognised from time immemorial, and means have been adopted, not only to destroy bacteria, but to prevent their growth. If bacteria are allowed to perpetuate their destroying work throughout the alimentaries, much harm and suffering comes to the body and its organic operations. Of course, this accumulation of bacteria is largely due to improper living or the wrong selection of food, or foods not in season. Where nature is not observed the accumulation of bacteria becomes very rapid, and were it not for the wisdom of nature to reach a limit even here, self-poisoning would wipe humanity from the face of the earth by plague and pests year in and year out, so that in less than a generation there would be no trace of a civilised race. We owe it to limitations in the operations of nature that man still lives in spite of all bacteria running into uncountable millions feeding upon our bodies and the numerous maggots, entozoa and other parasites that endanger our lives, continuously bothering and troubling us. On the other hand, again, we find that it is not necessary for us to be imposed upon by bacteria or their kindred. Nature has provided for simple means to prevent any and every attack of bacterial growths which cause disintegrating tendencies to the organic part of our purifying operations. Sour milk, sour milk junket, curdled milk, and *milkines* will aid us in ending the disintegrative processes and create the desired and necessary *fermentations* which are formative, building, constructive. *Fermentas* are death to bacteria, thus the bodyguard of intestinal regions. How to prepare milk for fermentas : Put into an earthenware vessel a quart of fresh milk and



cover with a paper so as to protect from dust. Keep in a dark or partly dark place, but moderately warm, that is, comfortably warm, in a place clean and tidy, and not in an ice chest. Let the milk stand four or more days. Pour off the water in a glass and add a tablespoonful of grape juice to it gradually, while stirring the whey (water of the clabber) ; stir in well and drink it. As to the sour milk junket, beat it with a fork and add to every glassful the juice of one heated lemon. Beat the juice in gradually. It is well to take the sour milk junket at night and the whey in the morning. Use it for three days in succession and repeat after ten days. Intestinal troubles will be eliminated and tendencies to fibroidal growths, cancers, tumours, hemorrhoids, etc., will be banished.

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Please do not forget that all this talk on diet will do you no good. You must learn to follow the seasons and apply the lessons as fast as you learn them. The little steps taken regularly will lead you to health, and not the leaps made when out of commission.

### **JANUARY.**

January, the month of spicy foods and hot dishes.

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This is a time of feasts and feasting to be alternated by fasting only at intervals and upon recognised days.

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When going out, do not button up your coat to the neck. Give your neck freedom ; let the fumes of the body be carried off by means of your collared chimney.

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Thin underwear, quite loose, is better than thick, heavy underwear tightly fastened to the skin. The latter chokes, as it were, the pores and stops proper ventilation.

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Owing to heavy clothing in going out or working outdoors the weight of clothing retards skin action to a great extent and the system seeks to rid itself of morbidity partly through bowel action and through increased action toward the extreme points of the body, particularly the feet.



If you wish to avoid unnecessary coagulations in the system retarding perfect circulation, then do not use eggs and highly fermented cheese at the same meal.

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Clarified butter will be obtained by boiling butter in an earthenware vessel, skimming the foam that forms on top. Boil the butter slowly and as soon as the foaming ceases set the vessel aside for the butter to cool. To give flavour to the butter use one onion and two apples to every two pounds of butter. Butter thus clarified will prove valuable to invalids in the preparation of soups and in the frying of cakes or eggs.

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Although a little unpleasant to the taste, *garlic* is still in season and should be used freely once a week. The proper way to use *garlic* as a tonic and remedy is to take hot toast and rub the *garlic* on it as you would spread butter. One large clove or two small ones will suffice. Toast and garlic eaten with a dish of prunes will prove a splendid purgent. At this season of rush and feasting garlic will prove a preventative.

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Ideas may be inherited, but a disease springing therefrom has to develop.

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Coffee should be used only where the foods are of a heavy, oily consistency and largely acidulous. Otherwise cereal, banana, acorn or Indian corn drinks are in order.

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The boiling of coffee is an abomination. Nothing that undergoes roasting should be boiled. Even cereal coffee should never be boiled. It ought to be ground very fine, put into a butter cloth funnel and the boiling water poured gradually over it. The fine aroma and the delicate taste of roasted drinks are the principal value of the same and these are best retained by preparation in the above manner.

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To keep the bowels regular it is well on cold days, if going out in the morning, to take a few swallows of hot vermouth tea or cordial before partaking of food, and the food itself should be of a consistency next to gruel, and a little fruit, particularly apple.

Brandy should be used with salt only, consequently only when needed to quiet a swollen liver or to decrease the bile. Grape brandy is the only kind to use in such cases.

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Let us call your attention to the fact that stimulants prove injurious only where improperly prepared and used to excess. Even chocolate is injurious where it is not allowed to boil with the sugar until syrupy, and afterwards thinned down with cream. Never put sugar into a cup of chocolate nor add cream to it. The cream must be put gradually into the boiling chocolate or the boiling chocolate poured over the cream and allowed to come to a boil. When serving be sure to add a pinch of salt.

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Between now and the opening of the fasting season malted beers are permissible, aiding dyspeptics and consumptives where used moderately and in connection with wholesome bread, and raw eggs alternated with cottage cheese.

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A mild and most effective laxative will be found in taking half a cupful of rich cream and filling up the other half of the cup with steaming drip Mocha coffee. Half an hour later take slowly the juice of a lemon.

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There should be six renal calls to two alvine calls a day during the winter or short season, be it South or North. To insure regularity make it a point to eat your fruits as the first course of your first meal of the day, and at other meals eat raw salads. At one time use grated beets; at another carrots or turnips. Serve salads on head lettuce, sprinkle freely with pine kernels, and season with a little lemon juice, and forget not that a sprig of parsley will help the good cause along. Crisp celery will come to your rescue in making many combinations. Once a week, at least, sprinkle your salads with celery seeds, anise or caraway.

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Sore throats are very common these days, due to the exceptionally alternative changes in weather. Be sure to keep feet clean and dry.

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As long as the bowels are open and habits remain regular as to renal calls, so that no suppression takes place, you will catch no

cold beyond an occasional rasping of the membranes. Where you fill up on foods deficient in organised salts the cold will affect you and the sudden change from the warm room to the chill outside air will retard digestion. Where it is impossible for the human laboratory to extract the oils contained in all foods for the lubrication of its more delicate parts, friction during moments of chill sets in and the consequence is membranous irritation followed by fevers.

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Raw peanuts eaten with raw prunes not only act upon the bowels, but remove mucus and phlegm. Very desirable in colds, coughs, and catarrhs.

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In case of colds abstain from baths, just rub the body and particularly your feet quite often with a rough towel. Upon your chest pour eucalyptus oil and place a blotter over it. Repeat this treatment daily, twice. Let bill of fare be light; green onion tops and onions eat at night. If raw ones disagree, place them into an oven and bake them, sugared well, to a golden brown. Use them quite freely and to back of neck and to throat and face, hot water applications make and almond oil apply. At night for comforters do pray, and use an extra underlay. As to your breathing, clear the nostrils with hot water spray. Keep busy; occupy your mind with labours of the day. As you have done your part you need no longer be alarmed, as nature's laws the progress of disease shall stay. Remain resolved and from calamity you'll surely be absolved.

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Where a cough has advanced to severity, check it at once by using one stick of liquorice dissolved in one-half pint of fine brandy, using two or three tablespoonfuls of it every time you cough. One-half pint will suffice to check the trouble.

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The best thing for a cough is three drops of oil of eucalyptus in a wineglassful of hot water, taken internally, and a piece of soft wrapping paper saturated with the oil of eucalyptus placed upon the chest.

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If rheumatic, oil the body oftener, and when oiling do it thoroughly. This means you should rub in all the oil your hands



can carry, until the hands turn dry, and the skin, instead of being oily, shows a healthy colour. Petrolatum scented with rose will prove the best liniment. Confine yourself largely to uncooked dishes. Instead of coffee use apple tea and prune drinks. The best way to make an apple tea is to cut dried apples fine, set them in the oven to toast slowly, and when thoroughly dry, grind as you would coffee. Use any quantity desired. Pour cold milk on it and allow it to come to a heating point of 140 degrees in a double boiler. Drink from one to two quarts a day.

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Prune drinks are best made from thoroughly dried and finely cut prunes soaked in milk for two hours or more and allowed to simmer in a double boiler. To sweeten apple tea or prune drinks use white cane syrup. You may use large quantities of this syrup.

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In taking oil baths begin with the chest, proceed with neck and upper arms ; then the calves of the legs, the feet, the shoulders, the back, the thighs, and lastly the abdomen, rubbing from right to left below the navel, and finish up with the pit of the stomach or solar plexus.

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Grapefruit juice beaten into sweet cream will cool a swollen liver and promote better bowel action.

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Prunes soaked in enough sweet cider to more than cover them, allowing them to stand for four hours in a cold place, then stewed over a slow fire for about four hours, adding ten minutes before taking off the fire just a little lemon rind grated, and a stick of cinnamon, will prove an excellent assistant if eaten before each meal. Eight prunes will suffice. Enough prunes can be stewed to last a week. As through long cooking some of the liquid evaporates, add more cider, but absolutely no water if you wish the prunes to be food and medicine at the same time.

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Alternate prunes with stewed dried apples. Soak the apples the same way you do the prunes. Use unfermented cider. Stew over a slow fire and ten minutes before taking off the fire add a piece of vanilla pod (not extract). Eaten before meals will not only prove a laxative but where alternated with prunes and an occasional



fig, becomes a curative, at the same time pleasing the palate, and assuring a good taste for the dishes to follow.

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Fresh apples should be grated and started to stew with a good-sized piece of fresh butter over a slow fire. Ten to fifteen minutes of stewing will make them suitable for a sauce. Flavour with a very little vanilla pod and lemon rind. This acts on bowels and kidneys.

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Banana well mashed and enough sweet cream beaten into it to make it like a soft paste, will act on the bowels mildly, and at the same time will prove quite an ideal diet for a season, while oranges and apples will prove cooling and very nutritious at this time and for some months to come.

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Bananas baked with cooked rice will prove wholesome.

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Oranges and apples will prove cooling and nutritious.

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Raw sauerkraut in small quantities, as well as the juice thereof in doses of one wineglassful proves of value to a torpid liver, while dill pickles and pickled peppers should be used occasionally by people indulging in oily or rich foods.

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Onions will be of inestimable value to those who are much exposed to chills. Eat stewed onions, fried onions, baked onions and onions and apples.

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Where onions are repulsive to a person, grate them with an equal quantity of apple and bake with butter in an oven until done. Eaten for several days at dinner time will not only cure one of the repulsiveness, but at the same time they will become a remedial agent to the person.

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Pineapples are in season for weak stomachs. Take one tablespoonful of the fresh juice on an empty stomach before each meal.

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Vegetable wines are particularly valuable to people whose system readily accumulates acids, annoying the body with affections like neuralgic pains and rheumatism.

Eat mashed turnips and baked parsnips, also grated raw potatoes mixed with grated carrots and a sprinkle of flour and baked in a well-oiled pan in a moderate oven. It is well to sprinkle into these dishes aromatics like fennel, caraway, anise and dill.

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Much bread and potatoes ought not to be eaten, unless plenty of fruit or raw vegetables are eaten at the same meal.

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Cereals, even Indian cornmeals and oatmeals, are in order, but the invalid should remember that he still has to avoid grains in quantities.

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Curried rice for the hard worker, but the man of leisure thrives best on oatmeal dishes.

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All cereals bought in paper packages should be dried in the oven or in a frying-pan over a slow fire before using. The best cereal is coarsely ground whole wheat served with cream. To change the state, heat the wheat before grinding. With nut-flour and fruit or fruit juices wheat will continue to be an ideal food.

## **FEBRUARY.**

February is the month of high ideals and lofty calculations.

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February, a month of changeable weather, conducive to throat and nasal catarrhs. Use no coffee or tea with meals, confine yourself to herb teas.

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February brings with it many disturbances to the intestines and the throat. Beware of too many stimulants and too much oily food.

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February brings with it many attentions to be paid to our conduct to ourselves. Owing to the great energy on the part of nature the circulation is very apt to become sluggish. Certain foods disagree and will not effect the usual results expected. It is best to deviate from the ordinary rule of feasting and begin to cut down the rations as to the amount of solid food and use more liquid foods, or foods prepared into forms of a more liquid nature.

The Lenten season is properly opened on Ash Wednesday, on which day and for two days thereafter rub the body from the crown of the head to the toes of the feet with a mixture of two parts of wood ashes and one part of finely powdered salt. Morning and evening partake of the wood ashes in quantities of half-a-teaspoonful at a time. Rubbing the scalp with the ashes and salt will encourage a new growth of hair. Particular attention should also be paid to rubbing the ashes and salt over any weak part of the body. Take a salt water bath each night and after the third day bathe the body in hot water containing one teaspoonful of vinegar to every gallon of water. The body will not only become beautiful, but nature will be assisted in throwing off any possible accumulation due to climatic changes and our way of living.

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During this month of February we derive a great deal of good from the pale green fruits and vegetables, of fruits like grape-fruits, oranges, olives and lemons. Of vegetables, lettuce, leeks, celery, chives and sprouts are predominant. All the soft barks and tender roots, as well as sprouts or hearts of tree, shrub and plant, whether of the sunny South or the frozen North, under the snow or in the depths of dark forests, make good drinks.

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Whatever your troubles may be, remember that the first thing for you to do is to stop eating, work as hard as possible, take a hot bath, adding a teaspoonful of oil of eucalyptus to the water ; bathe quickly, using as much soap as you can rub all over the body, and dry quickly. After the bath drink several glasses of hot lemonade, or take salted lemon juice and retire. By morning you may feel hungry. If so, have a few slices of toast with garlic, and a cup of hot cocoa nibs (cocoa shells).

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It is possible to have headaches from cold feet. Very active temperaments, also nervous people, often complain of headaches even though they are cautious in their eating. If you eat a meal and go out into the cold, getting your feet damp and clammy, you are apt to get a headache or a miserable feeling causing nausea. Make it a point to eat little and see to it that your toes have been well pulled and your feet thoroughly heated before you put on your



stockings, and you will have no trouble with your digestion, and have no headaches.

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People suffering from eczema and other skin diseases will do well to abstain from salts of any kind, and during Lent should savour their dishes with a pinch of gunpowder.

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Foods can be prepared far more daintily if steamed, baked, or prepared raw will prove more palatable when ground, sliced, cut, grated, or fluted. Served on cabbage or lettuce leaves, trimmed with parsley or watercress they will satisfy any palate.

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For mental gymnastics call to mind all the countries, mountains, valleys, cities, towns, hamlets, all the vegetation and their classification known to you, all the minerals handled by you, all the works of art worthy of your adoration, and the good people you have met in your life. Keep up this exercise daily before retiring and your memory will grow stronger, your mind brighter, and your mood happier.

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Shortness of breath during the cold season is best eradicated through the use of cane sugar, thoroughly browned and dissolved while hot in lemon juice, then taken in doses of from one to two tablespoonfuls.

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St. John's bread or locust, used in quantities of one ounce a day in addition to two ounces of prunes, daily for six weeks, will cure an ordinary case of constipation.

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Fresh violets steeped as a tea, will tone the blood and cure nervousness.

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Violet or orris root powdered and made à la French drip, will prove to be an excellent drink and of value to those suffering from kidney and bladder troubles.

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Violet flowers eaten in salads or as a salad in small quantities will prove refreshing and arrest fibroidal and cancerous growths.

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Perfume drinks with rose leaves, lilac, elderblossoms, orris root, or violet flowers, linden, or vermouth.



We do not like the idea of making mention of liquors in a book of this nature, as we cannot be cautious enough in avoiding even the appearance of evil ; still it is better to keep some of the finer qualities of liqueurs and wines in one's medicine chest, than to take inferior stimulants and common alcohol, in medicine as usually prescribed and recommended. Liquors are not beverages, but means to be used in case of emergency and in proportion to the temperament and constitution of the individual.

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Do not drink with your meals if Lent is to be of value to you. If drink you must, take it before your meal ; but with or after the meal use no liquid. Have your teas or other plain drinks three hours after the meal.

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The most convenient way to use roots and barks is to grind them and sprinkle the powder over the foods to be used, or if more convenient, use the desired quantity by the half-teaspoonfuls and drink milk with the dose. Blossoms and leaves should be eaten like a salad and usually as the introductory dish.

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Again and again we must speak of the inestimable value of lemon juice prepared in various ways for particular ailments. In liver troubles, which are as a rule, accompanied with heart trouble, lemon and salt is an excellent remedy. The best way to prepare the lemon is to roll it very soft, then extract the juice. Into a four-ounce bottle put one teaspoonful of finely powdered salt ; pour the juice of three lemons on the salt ; cork the bottle and shake it until absolutely frothy. The preparation may now be used in doses of one teaspoonful to one tablespoonful at intervals of one-half hour or less. For dyspeptics this preparation will prove to be of value.

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In typhoid fevers and anæmia one glass of milk cut with the juice of one lemon, well-beaten, will always be followed by the best results. When all else fails to remain on the stomach, the lemon milk will.

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Another excellent remedy, especially in colds, influenza, malaria, coughs and chest troubles, is the juice of one lemon beaten

into one tablespoonful of grape brandy and two salt spoonfuls of salt. Immediately after taking this dose, take one cupful of light jaborandi tea, or from seven to ten drops of tincture of jaborandi to one cupful of hot water, and retire to a very clean bed.

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Hot lemonades are seasonable, and the use of grapefruit is of inestimable value to those whose blood is heavy and the skin insufficiently active or given to eruptions. Use grapefruit daily for at least twenty-one days and be sure you eat rice with your meals. Let rice be your principal dish. Drink water only when containing a few drops of lemon.

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The whites of eggs beaten up, mixed with cream and afterwards with the juice of a lemon, is one of the finest remedies in any kind of troubles where nourishment and medicine is to be combined, and has immediate results for good.

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Pure lemon juice used in large quantities will break up a cold, and if taken with a little rock candy or syrup will dissolve the phlegm, thus clearing the throat.

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Avoid the use of cocoa, chocolate, tea and coffee, unless it is to be for a stimulant. Cereal coffee, corn coffee, or vegetable and fruit coffee disagree with most people during the months of February and March.

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Leave out your sugar, and instead of milk use good cream in your coffee. It won't sour on your stomach, neither will you suffer from ill effects.

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In case of general debility, fever, cold and cough, take a pint of sweet cider with the juice of two large lemons, and eat grapefruits when hungry, for three or four days.

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Persons not in good health should not use eggs boiled, fried, or in omelets. The better way is poached, and still better raw.

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Eggs will prove of inestimable value at present, but they must be fresh-laid eggs and not of last year's storage.

Eggs used in their various forms will prove a valuable diet for the invalid. Two raw eggs a day will accomplish more good than all the medicine that one can possibly prescribe.

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Cheese and butter, and coffee, tea and other stimulants generally used as beverages are not in season. He who will continue to use them will have to take consequences with the advance of the season.

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Milk should not be used during this month, unless it is absolutely fresh from the cow. Cream is in order and should be largely used in cooking in addition to fine oils. Use food sparingly, but what you do use let it be the very best the market affords.

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Dairy foods are advised largely in cases of malnutrition, or where the individual has been neglected through babyhood and again during the years of puberty. As men and women they will show lack of stamina at critical moments, and often become distressed at even the slightest annoyance, or from carelessly compounded food, while the same food at other times agrees well with them. To eradicate such a trouble, we have to put ourselves practically on a baby-food diet, which consists of wheat, barley, rice and oatmeal gruels, with an abundance of milk and almond flour, adding the juice of raisin grapes, figs, pomegranate and cocoanut. Pursuing such a diet for at least five weeks will help to correct organic deficiencies and complete a cure of many maladies.

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February is a good month to begin one's general methods, and with the opening of the season add such barks, roots and shoots to one's diet as appeal to one's temperament, and carry curative qualities at the same time. In the warm climates the first fruits of the season and the first ripening vegetables will do much in restoring the general constitution, while in the far North the tender growths, even though covered by snow, have to be searched for, and used as introductory as well as dessert dishes.

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Grapefruits are in season until the last week of Lent. For purification, and particularly for severe blood diseases and the



various phases of poisoning, use two to four grapefruits a day for ten days, and subsist largely on ginger bread.

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The juice of three grapefruits will check a severe cold.

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Grapefruit cures jaundice and blood diseases.

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Spice fruits alternately with a dash of cinnamon, mace, nutmeg, clove and allspice.

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Pease and beans as purées, with onions well prepared, will prove of value to the working-man, and also to him who better fares. Purée with cream, a little butter and some melted cheese, will stop one's cough and end that sneeze.

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The eating of beans and pease as well as lentils is now in order. In preparing them it is best to use clarified butter or oil that has been heated with onion and apple. Use no seasoning except a little cayenne pepper.

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Pineapples are in season for weak stomachs. Take one tablespoonful of the juice on an empty stomach, and before each meal. Take after meals also for ten days.

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Water-cress is especially of value to sufferers from intestinal complaints.

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The thin stems of rhubarb, eaten after meals in small quantities, dissolve uric acid and act on the liver.

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Season your vegetable dishes alternately with a pinch of thyme, marjoram, parsley, if cooked ; but if raw as salad dishes, use aromatics, such as celery seed, anise, carraway, and fennel.

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Flavour sauces alternately with lemon, orange, pineapple, vanilla, ginger and raisins.

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Onion soups with plenty of leek and celery root are the thing at this season for him who labours hard with muscles and uses much his reason.



In case of real hunger make it a point to use oil broths with garlic before eating anything solid.

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Parsnips, well done and baked in a little oil, with mushrooms on the side, some toast and garlic, a cup of rose leaf tea, with lemon, will be an ideal meal this month.

## SPRING.

### MARCH.

March, the month of winds to clear the ethereal realms of stagnant elementaries, and an opportunity for the elect to resort to sackcloth and ashes, that elemental accumulations may be banished from our sight.

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March enters with the message to man reminding him that it is time to make a change in the bill of fare.

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It is the month of many preparations, and as the earth by virtue of its intelligence determines magnetic flow by virtue of electric sparks in the atmosphere and gaseous combustions in the inner chambers of its solid body, so man may renew his own strength by fasting his mind and chastising the body.

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Absolutely discard all baking powders and sodas during Lent.

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There are just a few simple, domestic means which in effect are greater than any of man's concoctions; but to get the good results for which all such means are intended, men must learn to live simply and to observe dietary and hygienic measures first. Breaking the general rules of life and the laws of the seasons man cannot expect mercy from the hands of Nature, and when resorting to measures of artifice he will simply be permitted to experiment at the expense of ease developing into diseases of manifold phases.

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When hungry try your thirst, when thirsty try the hunger, which means drink plenty of water with a few drops of lemon juice, or any fruit juice that suits you best. Whenever you feel that you could eat a square meal, and when thirsty enough to drink

an Amazon dry, take a crust of bread powdered with sulphur or ashes. The result will be greater than the use of high potencies.

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This month assures speedy recovery from all ailments, chronic or otherwise, if we would do the one thing absolutely necessary to aid and assist nature: change of diet, absolutely, and abstinence from food entirely for one day out of seven or out of three and four. Weak people, particularly mentally weak ones, as a rule feel uncomfortable under such radical changes. This can be avoided if they will attend to alvine calls and rub their feet frequently, if needs be twice a day, and change hosiery about as often. Bed linen must be changed two or three times weekly during March, and soap should be used very freely.

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Sufferers should remember that this is the season for eradicating liver and blood troubles as well as stomach complaints. Grapefruits, oranges and lemons are most valuable agents, but require a little knowledge in using just the right quantity, which knowledge comes to one if abstaining from prepared foods, stilling one's hunger largely on raw grains, coarsely ground or rolled, or toasted meals, cutting out bread and triscuit for a month or two. Butter should not be used with cereals, and if using vegetables they should be raw and grated. Instead of salt for six weeks or more use alternately finely ground sage, orris root, sarsaparilla, charred ash, powdered violet and rose leaves, cayenne pepper, anise seed, and other aromatics. All of the above should be used in quantities equal to that of salt.

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March is a good fasting season where the weather is not too severe and where the season gradually becomes warmer. On damp, wet, rainy days, while fasting, make it a point to take a hot bath before retiring to bed and drink a seasonable herb tea, always inducing peristaltic movements, even if you have to resort to the internal bath, in which case it is well to use a tablespoonful of warm olive oil as an after-injection into the rectum.

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If you do not take a fast during Lent, take it in Passion Week anyway. Purge the body with bitter herbs, and take plenty

of hot baths. If you wish to resurrect with the season take from one to three dips in a running stream. If not convenient, then take your dip in a tub filled to the brim, letting the water flow in and out continuously.

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Fasting comes easy when you abstain from food every other day and then eat for three days and fast a day before the next term of diet.

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A sensitive body is a great blessing in many ways. First of all, it makes one considerate as what to eat and how to eat it. Second, it insures through right living many a mental accomplishment that otherwise could not be attained.

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Whenever using a purgative it should be remembered that after a thorough passage we should immediately take one-fourth of the same purgative on an empty stomach. Take purgatives with the juice of one or more lemons for quick effects. For several mornings thereafter take at the same hour one glass of water on an empty stomach. Should the water be hard, stir into the same a pinch of borax or bicarbonate of soda. With children, sweetened water will prove effective.

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During Lent give to children and take yourself for three days out of every ten, a half teaspoonful of zedvar (wormseed) in one teaspoonful of syrup.

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Children should get their two cloves of garlic boiled in milk during Lent. Two cloves to a cupful of milk sweetened with roasted sugar. It is most effective when taken on an empty stomach. Have the milk just come to the boiling point, and take a cupful warm every morning for ten days. At the same time the soles of the feet and the navel should be well anointed with garlic oil. To anoint means to rub it well into the parts.

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Dyspeptics and those given to frequent stomach troubles should use fine wood ashes and charcoal daily for twenty-one days in very small quantities of not more than half a teaspoonful at a time. Others should use the charcoal every other day or twice a week, alternating with the powders of different shells.



Eating absolutely little, and while doing so contemplating upon every move through the process of mastication, will call out the life substance or spirit essences of the food, turning them into medicinal value, healing to the body and soothing to the mind. Just try to eat your food quietly, with your thought upon the delightful pleasures of eating, though but for a day, and you will gladly pursue this method during all of Lent.

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The more advanced in years the less prepared messes are welcome to the wanderer through these life planes, and return to first principles alone will assure a happy, buoyant life. If you want to be a boy or a tomboy, remember your desires of those happy days. Eat your vegetables raw and your fruits in the same manner. Of course to keep up appearances, have everything grated, sliced and cut, served in dainty dishes, exquisitely garnished and served with much ceremony, as appearances go a long way in this world of vision.

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Some people who have kept well all winter, often get a spell in spring, either a cold or a fever, and it seems to hang on to them. In that case remember that a good sweat-bath is the best thing to prevent an advance of the trouble. Take a hot bath and from seven to ten drops of tincture of jaborandi in a cupful of hot water, retire to bed, cover well and perspire for at least an hour. When perspiring do not move a hair's breadth. Whenever your position seems uncomfortable, just take a few extra breaths. When through perspiring change bedclothes and gown and retire to bed again for a good night's rest. If thirsty, drink the juice of grapefruit or lemon in any quantity desired. The next day use freely fresh fruit juices, and if hungry take some raw cereal with cream. Thereafter use the fresh greens of the season and use them freely.

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Always remember that all the ailments of the body, acute or chronic, are due to lack of assimilation. In some cases the impoverished assimilative process will effect the generatives and induce troubles to the membranes in general. In others lack of assimilation takes revenge upon the pulmonary organs, playing havoc with



the respiratory action, inducing general nervous debility, and in some cases the liver seems to suffer and with it the heart is drawn into sympathy, affecting all the relative organs according to reflex laws. Were we to take up all the symptoms in their routine and order, prescribing for one and all, we would soon find ourselves battling against odds throwing our learning into great consternation, leaving us baffled before a mass of messes, the outcome whereof would be of greater uncertainty than the aim of a comet in the domains of ether. But setting aside all symptoms, sympathetics, and reflexes, and attending to the assimilative processes only, the organic disturbances will soon be set at ease. First of all attend to alvine calls and forget not the renal duties ; keep the pores open through mild perspiration, have good circulation of balmy breezes, keep comfortable with plenty of clean linen around you, and above all things, keep away from your presence all your kind and kin except one or two to do your bidding, and prevent them from suggesting things to you except reciting the bill of lading of a cargo of delicious fruits and selected vegetables for you to pick from as the spirit guides.

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Sassafras, nibbled at or made into a tea by boiling it over a slow fire for fifteen minutes, then taken hot two or three times a day for ten days, will act as a purifier unto the system. It is necessary that the food consists of flour soups, vermicelli and macaroni soups, rice with cream, barley with butter, buttermilk soup, and wholesome bread. Eatables should be prepared fresh and none of the left-over things should be used. Rhubarb and dandelion, either as a raw salad or as a vegetable dish, will be found very wholesome, and of value to scrofulous and rheumatic people.

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Barks, roots, and flowers may be chewed in small quantities without any steeping. The results are beneficial where a person gives them a trial for twenty-one days.

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Powdered orris root should be used freely, but use absolutely no salt.

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Violet roots are of great medicinal value to the cancerous ; must be used fresh.

Violet leaves make a good poultice for open sores and old scars.

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Eat blossoms of whatever kind procurable, if nervously inclined, while for trouble of the upper organs use largely tender leaves and stems, but confine yourself more to roots and rootlets if of an intestinal nature. Chives, young green onions and parsley should be used plentifully.

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Gather the March rain and snow, strain it several times through butter cloth, and bottle it or put it in jugs. Cork well and set the water aside for more convenient days. If you are not as well as you might be, use this rain water internally and externally in connection with herbs, barks, roots and blossoms of a healing kind. The nitrogen in March rains has a particular medicinal value. They are the rains of the gods to check the designs of the adversary.

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March water will keep all the year round and prove medicinal when used with herbs. In days gone by March waters only were used for holy water, and holy water has been known as a curative in many malignant troubles. Violet leaves steeped in March water will do more in removing fibroids and cancers than any other thing except sheep sorrel, which is most effective in April.

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Cocoa shell drinks and mild cocoa and chocolate are now in season. Cocoa shells should be ground just like coffee, soaked in water or milk for an hour or two and then allowed to come to the boiling point over a slow fire.

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Coffee and tea should be discarded as drinks with meals and only used as a tonic in case of emergency.

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When taking a cup of hot tea or drink of any kind for curative purposes, make it a point to breathe in fully and take a swallow of the hot drink on the breath; then breathe out slowly and to the limit before taking another breath, and with it a sip on the breath. In the first place you can take a hotter sip, and secondly, you will derive immediate results.

The sound in body as well as the sick, will do well to take their sassafras, sarsaparilla, orris root and other herbs in the form of teas, either with cream, lemon, rum or arrack ; have these teas prepared in March rain or snow water, and use a cupful night and morning.

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Teas made from tender roots, green leaves, fresh bark and field flowers, adding a cupful of rain water to a tablespoonful of such tea, will eliminate all the ailments of the body if persistently adhered to during the Lenten season.

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The milk diet proper does not begin until the cows are beginning to graze in open pastures. As soon as the cows are out you can add to your so-called garden-weed diet all the milk you can judiciously consume. But remember you are to drink all the milk you can first and afterwards nibble at the weed salads. In case you crave a piece of bread, triscuit or biscuit, instead of butter you should use wood ashes, powdered orris root, or any of the herbs suitable in your case ; sprinkle them liberally over your sandwich, and then you will never run the risk of eating too much.

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People given to pulmonary troubles or lung affections should drink fresh milk every night and eat nothing but a few tender greens.

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The whites of eggs beaten up, mixed with cream and afterwards with lemon juice is one of the finest remedies in any kind of trouble where nourishment and medicine are to be combined with immediate results for good.

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For weak stomach use whites of two eggs well beaten, and add the juice of half a lemon. Take on empty stomach daily for ten days.

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Poached or raw eggs may be used, if perfectly fresh. Use radishes or onions with eggs.

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Eggs scrambled with onion tops, chives, yarrow, parsley or mustard leaves will act as a powerful tonic and prove good tissue builders.



The juice of oranges, well strained and cooled, is a good tonic but grapefruit is by far better since it cools a swollen liver and eradicates disease germs of the blood contracted through sexual troubles. Eat one grapefruit, at least, every morning on an empty stomach, and if food is required, take a handful of flaked corn, rice or meal with a little cream. Twenty minutes before each meal and also thereafter, take one or more grapefruit. Keep it up for twenty-one days and then gradually discontinue it.

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Apple or banana soufflés with cream and a pinch of almond meal will prove a good diet for several days.

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Banana fritters and banana with rice flakes or cooked rice re-baked in a quick oven, will be food welcome to invalids.

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Pulses are used during the Lenten season in small quantities to stir up the system, and if purgatives are added in the form of herbs, the system adjusts itself readily to the change of seasons.

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In many cases of digestive disorders in general, pease, beans and lentils not only prove good food, but excellent fertilisers, and furnish ample remedial substance to cure ailments. All these pulses must be cooked slowly, and when done passed through a fine sieve, then allow it to cool and stir it into hot milk to thicken the latter. When eaten in small quantities the effects are marvellous. Some prefer raw foods. In that case these pulses must be flaked or ground into fine flour. Eaten with pine kernels or ground almonds and milk will be even more effectual than when cooked.

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Southern tomatoes stuffed with fresh asparagus tips will prove of great value to those suffering from kidney and bladder troubles. Poached eggs on toast may be used as a side dish.

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All fresh greens or roots should be used as the first course at mealtime, as all salads should precede the meals. In many instances the salad will suffice.

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Pineapples are used simply to tone up the action of the stomach, consequently to be used in small quantities, and the juice only.



Those of us who know that owing to the peculiar organic action of our earthly tabernacle there are accumulations of uric acid, acrid matter, morbidity and so forth, should take a diet of vegetable salads and flour foods only, while abstaining from fruits.

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Use ginger-breads and cinnamon as well as anise biscuits.

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A few well charred grains of wheat, barley, rye or corn will do much in improving assimilation at this season. A teaspoonful twice a week will suffice for the ordinary case. Taken after meals will be more effective and still more curative if browned loaf sugar is also taken. The usual square-inch kind is the quantity.

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Indian corn, rye and oats are not to be used during Lent. Confine yourself to wheat and barley. Grind wheat fresh at meal time and sprinkle two tablespoonfuls of the whole wheat flour to each half pint of boiling water. With cream this will make a good dish ; without cream it will be better for the system.

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Flour should be the most prominent factor in preparing dishes. Have soups made from flour or chopped grains. Use flat bread, peanut sticks, linseed cakes, anise biscuits, and plenty of different kinds of greens, particularly raw rhubarb, leeks, chives, green onions, lettuce, dandelions, watercress, wild mustard leaves, sorrel leaves and violet flowers. Rice with mushrooms and whole barley, with hot butter and buttermilk soups will refresh the body and tone up the organs.

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That there is nothing new under the sun man has long conceded, yet he will continue to be conceited enough to invent technical language to conceal the great truths expounded from time immemorial. The school of Salernum, famous for its achievement in the healing art, has laid down maxims no scientist of the modern schools has so far been able to supplant by anything better, and in the event of a lifelong study of human ailments is compelled to resort to first principles, of which we give herewith just a few, that have been translated from the Latin, to answer the demands of our season. May each and every word strike homeward and assure to one and all an understanding that will lead to the joy and happiness of a perfect life.

If thou to health and vigour wouldst attain,  
Shun weighty cares, all anger deem profane.  
From heavy suppers and much wine abstain ;  
Eat slowly, drink less, within your range remain.

Eat not again until thou dost surely feel  
Thy stomach freed of all its previous meal ;  
This may'st thou know by hunger's teasing call,  
The voice of Nature—surest sign of all.

Food, choicest food, and dainty cups prepare,  
Yet shun excess and glutton's luscious fare ;  
'Tis heavy, not light suppers, that give pain,  
As common sense and doctors both maintain.

Cold water drunk at meals hath mischief brewed,  
The stomach chilled 'voids undigested food ;  
If very thirsty, drink just what you need ;  
If thirsty often, you on spices feed.

Unless compelled you never should combine  
At one meal diverse sort of food or wine ;  
Curb appetite, and thus prolong your breath ;  
Temp'rance, the doctors tell us, laughs at death.

At least six times in every fleeting day  
Some tribute to the renal function pay ;  
And twice or thrice all alvine calls obey ;  
If needs be, change of food or fast will pay.

Slender in spring thy diet be and spare ;  
Disease at springtime comes from surplus fare.  
Diet well stated, as it is well known,  
Of physic is the strongest corner-stone.

The air you breathe be sunny, clear and bright ;  
Free from disease or cesspool's fetid blight.  
When ailing much breathe out a prayer at length ;  
If sad, breathe in, then stop ; this gives you strength.

**APRIL.**

April, the month of thunders and showers, exceptional in phenomena, stirring the elements, and conducive to fertility of the soil and the eradication of vermin.

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Once more the earth has awakened to its consciousness, and reminds us that there is another opportunity for us to bud and blossom.

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Feasting will be the feature of the season. Beginning with Easter we shall use all the things nature furnishes us in our own locality.

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Sweets of all kinds are out of order this month.

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Wines and liquors of all kinds are out of season and even from a medicinal standpoint are absolutely valueless.

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Drinks with meals are valueless at this season.

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Fresh raw vegetables with lemon juice, and small fruits with cream are to take the place of the usual cups.

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Eat daily for twenty-seven days a mouthful of liquorice after your meals, and instead of drinking water keep a slice of lemon on your tongue and your pulmonary troubles will pass away, leaving the membraneous lining in a better condition than if you had resorted to the best medical advice procurable.

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Colds in April are conducive to asthma and hay fever.

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April rain-water is not particularly beneficial, yet used in baths, especially in internal baths with fresh cream, will cure the manifold disorders of an intestinal nature.

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A universal preparation for the scalp and hair is the following: One ounce of beta-quinol, one-half ounce tincture of colocyath, four ounces of cologne spirits. Apply just a little every other day.



Weak-minded and timid constitutions naturally prefer to go slowly in making a change for the better, be it physically or mentally, and when they do take up measures, as a rule give up the task long before they are through with their treatment. In this way they have to try all the different methods devised by man. Only he conquers, and conquers quickly, who makes short business of trouble, who takes radical measures and yet remains within good judgment and reason. If there is a disease, eradicate it at once by attending to breathing and a radical change in diet.

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Heal yourself either by proper dieting or fasting, and not by medication.

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Should alvine calls be irregular, use syrups made of figs and prunes. Such a syrup is best made in white syrup in which rain water is used. Prepare as follows: Take two cupfuls of rain water, add three tablespoonfuls of sugar of milk. Allow it to boil slowly, stirring continuously and until stringy. Now drop into this syrup five figs and ten prunes that have been cut into small pieces with scissors. Allow to boil slowly for thirty minutes or more, gradually adding boiling rain water to it to keep the two cupfuls. Use freely while warm—from one to three tablespoonfuls, and one teaspoonful three times a day thereafter. Elderly people may use rectal or colon washes daily for ten nights to keep up and regain regularity, particularly while fasting. Young people should not use the syringe. It is better to refrain from eating entirely; to take baths and rubs and a few drops of oil Euphorbia to get a thorough cleansing.

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The petals of flowers and the tender bark of trees and willows are now in order not only for the invalid but for every man whose desire it is to remain in accord with nature and the change of season.

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All sorts of roots, such as orris, ginger, sarsaparilla, sassafras, etc., will prove best when ground and sprinkled over food.

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If roots and barks are moist so that grinding is impossible, it is best to chip or shred them. Pour upon the desired quantity



a cup of milk, allow it to stand for two or more hours and drink the liquid. Where preferred, the bark, roots and milk, after standing for hours, may be simmered in a double boiler.

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Eating a dram of young and tender calamus before each meal for a week or two will prove beneficial in case of generative or kidney trouble.

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Use absolutely no salt with your different vegetables or prepared dishes. If you must have a flavouring, use powdered orris root, celery seed, anise and other aromatics.

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Asthmatics should use horehound tea with lemon juice during this month. Sweeten it with browned loaf sugar. Sip hot, keeping the face over the steaming cup. Always drink on the breath.

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Sulphur will do much good if a pinch or two is taken shortly before and after meals. In liver and spleen troubles it is of medicinal value. During the sulphur treatment use no eggs, but you may use dairy foods, including cottage cheese prepared with yarrow, chives or green onions, also with tomatoes.

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A pinch or two of saltpetre before and after each meal assists the one with kidney troubles, and in cases of general debility. During saltpetre treatment use no pulses.

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A pinch of charcoal before and after each meal will prove beneficial to the dyspeptic and to the asthmatic as well. Use plenty of eggs but no cheese.

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A pinch of gunpowder with each meal will assist in ridding one's self of eczema and other skin diseases. At the same time all parts affected should be touched with petrolatum and gunpowder.

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Invalids may use albumen or gum arabic dissolved in rain water or distilled water, as next best, to tone up the stomach.

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Add a few drops of lemon juice to a wineglassful of rain water and the burning fevers will cease, while the spirit will rise in you, insuring nerve and brain.

Dewdrops licked from grass blades, leaves or stems will clear the complexion and make the flesh as firm as that of a healthy, rosy-cheeked child.

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Be particular about butter, milk and cheese, not to mix them with eggs.

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Eggs are in season and you may have them in quantities. They are particularly wholesome to the scrofulous and the liver complainers. They are of medicinal value in a raw state to some, and in other cases more wholesome when prepared.

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Eggs in any style will prove very beneficial, except fried in butter or oil. Have them poached or boiled or beaten raw.

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The egg cure has its virtues too. A fresh-laid egg, still warm from the nest, will do more to ward off consumption and tubercular troubles than anything we can find in our pharmacopœia. Eat the egg raw, of course, and when you come to the germ discard it.

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An egg diet is of value only when one abstains from cereals and bread, using the eggs raw, beating the yolks separately from the whites. Use the white of eggs on an empty stomach and yolks later in the day. No drinks should be used.

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Eggs scrambled with parsley and chives and additional cream, served on toast with watercress, with radishes and green onions on the side, a piece of toast, and after the meal the juice of half a lemon, will not only be wholesome but easily digested, aiding much in assimilation.

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Poached eggs on toast should always be served with different greens, particularly with rhubarb, watercress and radishes. In some cases it is well to peel the radishes.

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This is the month for egg-noodles in various styles. When using them in soups be sure to add milk when nearly done, but let everyone season his dish according to his own taste. If baked, always bake them with cream and cheese, allowing very little butter when using cheese.

Cakes made with plenty of eggs will prove wholesome, but keep out sugar and milk.

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Milk soups and milk dishes in general are very wholesome now that the variety of earth's products is still confined to a few greens. Vermicelli in milk, buttermilk soup, sorrel in milk, in fact every dish cooked should be made with milk. Nature does provide for every season, and where the storehouse of Nature runs a little low, she gives us good pastures in early spring, that the cow may help to make up for certain deficiencies in our diet and give us good milk, butter and cottage cheese. The fowls lay more eggs at this season than they can take care of for the reproduction of their kind, thus leaving it to man to dispose of the same at will.

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Fresh milk and milk heated slowly after it has just begun to turn sour, eaten with tender vegetables and greens, will cure biliousness, ailments of the bile, and correct a torpid liver.

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A combination of butter and honey is excellent for people who are a little asthmatic. Melt one teaspoonful of butter to one tablespoonful of honey and pour one pint of hot milk over it. Drink while hot.

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Strawberries are for the invalid. They should be put into a sieve and ice water poured over them for cleansing ; then pick them over, mash and pass through a sieve, beat the juice into milk, and serve with a little cream and a triscuit or piece of toast.

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Tropical and semi-tropical fruits are in order and should be used as eliminators and tonics.

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Make it a point to use all the different fresh greens as your principal articles of food and take only enough of bread to make you feel that you have had your dessert.

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Eat greens of all kinds that the local market affords ; drink fresh sweet milk in the early morning and avoid using anything fried. Muffins, biscuits and other bake-ware are in order. Butter may be used again, but should be unsalted.



Asparagus, green onions, radishes, lettuce and dandelions are the best vegetables, while wheat dishes are in order. Nuts should not be used unless there is a tendency to constipation, in which case you should eat a handful of raw peanuts, raw prunes and two figs daily.

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Asparagus in large quantities with mint sauce (no vinegar) will induce light perspiration, aiding circulation and clearing the complexion.

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Lettuce with green onions and two tablespoonfuls of mild, black coffee once a day with the regular meal will prove invaluable to those troubled with insomnia.

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Let children eat young carrots upon an empty stomach, and deprive them not from the use of all such greens as appeal to their taste, while the sap of maple trees and the bark of wild fruit trees and small berries will aid them in their development. Allow them plenty of milk when thirsty. Invalids following the same rule will soon recuperate and be as young as nature itself. In dry climates use less dairy foods, but more fruits.

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Minced celery, chives, parsley or dandelion mixed with cottage cheese, will make a delicious filling for sandwiches.

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In liver troubles a diet of rhubarb can be used with much effect. For ten days feed upon the tender stalks of raw rhubarb and when hungry eat more rhubarb. In some cases lettuce brings about similar results. To get the full benefit of the diet, drink no water and eat absolutely nothing else, except it be calamus, to break the monotony.

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Tomatoes are good in intestinal troubles and should be used without preparation.

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Turnips with white onions, eaten daily, will dispel scurvy and gravel, and will remove tumours.

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Finely cut onions, mixed with chives and parsley, will prove an excellent remedy for nervous prostration.



Spinach and dandelions, used in small proportions daily for twenty-one days, will correct liver complaints.

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Lettuce with fresh unprepared cucumbers and a few slices of raw potatoes, is the best food for dyspeptics.

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Potatoes mashed thoroughly and remashed with ground raw peanuts will prove a good dish even for invalids.

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Fasting for a day or two at least before Easter Sunday, and a cold plunge at early morn, just before dawn, followed by a run upon the lawn for fifteen minutes, will prove of greater value than anything known to pharmacopœia for quickening the nervous system. Later in the day a slice of bread with soft boiled or poached eggs, a plate of greens decorated with violet flowers, and a cup of hot coffee or tea with rich cream, will add greatly to the good of the body. Spend your day in company ; speak, sing or pray. Do not make yourself a slave to the cooking of a meal by the stove, but break the hint of the season gently to your collective body that the season of cookery is over, while Nature's kitchen is open to receive from her bountiful hands the blessings of heaven.

### MAY.

May it be May to me.

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May, the month of ozone and mayflowers.

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May is the renewing and rejuvenating month.

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May we all be as happy as the singing bird, as busy as the bee, as untiring as the ant, as sweet as the flower, as fresh as morning dew.

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This is the month for us to learn of Nature that she is the living word of God and His handmaid to serve man as a guide through life.

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Let us go out into nature, the *revised* word of God, and pass through the *revival* of the spirit of life that breathes into our nostrils the essence of regeneration.

Get out of the occult of your prison walls and into the open Nature where all the mysteries of life stand revealed before you if you would only open your eyes and keep your ears on the alert. Can't you hear the Saviour saying, "He who has eyes to see let him see, and he who has ears let him hear what the spirit reveals?"

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And then remember that spirit is breath. Breathe, then, the sweet perfumes of the Saviour liberty.

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Don't miss your early May walks over dewy grass, dust-covered roads and in clear-flowing streams. Do your devotional exercises and prayers out in the open, upon the lawn or in the woods, with the rising sun for your sanctuary lamp and the rocks about you for your altars, while the growth of vegetation shall be the sacred vessels which hold the mystery of life.

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Do not sit upon the ground or rocks this month. To be benefited walk in freshly ploughed ground or bury your feet in clay for twenty minutes. Rub them thoroughly and oil them, then take a good walk. This will draw impurities from your system, and if you go through various breathing exercises while keeping the feet in clay you will show a marked improvement, physically and mentally.

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Take a plunge in a running stream, a lively pool or lake. Take that plunge before daylight then take a good run until the body seems to glow. Rub the skin gently and then vigorously. Keep it up for a month and you will know the blessings God bestows upon the head of him who listens to the voice and follows its command. Catarrhs of throat or nose, and catarrh of stomach and intestines need not be where man is willing to trust himself to waterfalls and waterwaves. Where in the early morn before the sun rises, the healing waters flow, there is the power to cleanse the wise from every malady.

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If rheumatism or consumption is the cross you have to bear, then stand in running water in the early morning, head bare. As soon as feet get warmed but body cold take to your heels, run

fast and faster, then halt and resume your usual gait. Don't rest by the roadside unless led by intuition ; pluck a flower or a leaf, or dig a root instead, that shall be unto healing—a balm of Gilead. Thereafter rub your feet and hands thoroughly with juice of lemon. Drink one whole pint of milk, warm from the cow. A little later in the day fare on some flower soup, sweet buttered bread, a salad and a cup of the mildest mocha. As a dessert partake of taro root and one glass of lemon milk made by beating the juice of a lemon to a glassful of sweet milk.

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Keep your hands off that water-jug. If thirsty chew rhubarb, calamus, dandelion, watercress, sorrel, or take to berries.

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Vinegar will prove excellent in our sponge baths, using one teaspoonful of vinegar to one gallon of water.

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A rain bath whenever an opportunity is offered will prove very beneficial in nerve trouble and an additional sunbath for a few minutes, when one's spirit prompts, insures vigour.

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A tobacco bath will prove very beneficial at this time. Take a handful of tobacco strips, throw them into the tub, turn the hot water on them and take a good bath. After a thorough rub, anoint the body with almond oil. This will make the skin clear and velvety and improve the skin action.

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Soups requiring water to prepare them are no longer in season. If you must have liquid foods or dishes, use milk. In using more milk you will require less solids and other foods.

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Have no soups now except on cold, rainy, chilly days, and then do not use oil, but butter in soups. Leave the oil for salads. Lemons should always be used upon salads and they should never be served without oils.

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Nuts are out of season and of no value. Wait until the new nuts come in and you will note the difference in the effect. Keep within the range of season and observe the local market.



When unhappy use a mild cathartic and go to the river bank or the mountains for inspiration.

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The best thing for weak joints or swellings is the yolk of an egg applied with a camel's-hair brush, and bandage the parts with either linen cloth or soft brown paper.

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Sleep with windows wide open, either facing or on the side, never behind the head of the bed. Try and rid yourself of heavy gowns until you can retire without a stitch. Keeping the body oiled just lightly will make the skin active and maladies of a physical nature will be conquered in time.

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Should you note a cough during this month, whether that cough be loose or muffled, you want to get rid of it at once by taking five sticks of liquorice and dissolving them in one pint of grape brandy. Take three tablespoonfuls every half hour for three hours, and one tablespoonful every two hours thereafter until all is consumed. Whenever thirsty drink only lemonade or lemon milk.

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One troubled with chronic catarrh or hay fever must wear fine linen underwear, loose garments, and take a cold plunge in a running stream or lake just before sunrise, for at least twenty-one days. Go barefoot whenever possible. Wear linen cloths on your feet and take to wooden shoes for a few weeks. If you can go barefoot from the time of arising until noon, you will be able to eradicate the trouble most effectually. As to diet, you want to be exceedingly careful not to drink any liquids with your meals. At any rate, drink no water nor anything requiring water in its preparation. When thirsty take milk-shake with fresh lemon juice or eat fruits. Swab nostrils and gums with well-salted brandy. Immediately after swabbing the nostrils insert into them a tiny piece of very fluffy cotton-wool.

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Powdered violet or orris root is better than salt and spices at this season. It tones the stomach, cools the liver, aids the kidneys and insures a healthy skin with a rosy complexion.



Roots, barks, leaves, and flowers eaten in their natural state, in small quantities at this season, are of greater value than those dried and steeped.

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After each meal eat a few petals of flowers of the season, like violet, lilac, buttercup, honey-suckle and rose.

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The petals of the flowers of the fields, whether they yellow be, or blue or white, to our desires yield, the minds make bright.

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Violet leaves may be used in salads to great advantage in cancerous troubles.

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Violet flowers should be used with each meal by those who are troubled with poor circulation, skin and germ diseases.

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Rose blossoms or leaves eaten in small quantities after meals, and steeped as a tea at night and in the morning will assist in correcting irregularities.

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Eat lilac blossoms freely after meals. They will smooth the blood and give zest and vim to man and woman. The white and pinkish for men, the blue tinted for women.

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The cow is indeed a blessed animal. In fact all milk producing creatures are a blessing to man, to ever keep before him the horn of plenty. The cow is of particular value at a time of the turning point of the season to fill the gap between the sowing and the harvest time. When out of season the milk should be used for cheese and for storing butter, while the whey and sour milk are very convenient at such a time to eliminate many a trouble due to excessive heat, either heat of the body (fever) or heat of the tropical sun.

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Milk, buttermilk, cream, milk cheese, sour milk junket, sweet butter, and eggs are excellent foods for the summer if eaten with plenty of vegetables and very little grain or cereal foods. Breakfast foods, so called, or prepared foods are entirely out of season now.

If milk disagrees with you, beat the yolk of an egg to each pint and add the juice of two oranges, also two tablespoonfuls of freshly ground blanched almonds.

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To get good results from a milk diet take a wineglassful of the juice of fresh tropical fruit, and a few minutes later a pint of milk warm from the cow, if possible. Otherwise the milk should be heated to from 120 to 150 degrees, according to the temperature of the individual. Use fruit juice before each meal, and milk for your meal.

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Where acidulous or citreous fruits disagree, use herbs with your milk diet. Take an herb first, drink your pint of milk and eat a vegetable salad for your meal.

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Butter is particularly of value during the month of May to people suffering from lung, throat and nasal troubles. Such butter is to be used in large quantities and unsalted. It must be used fresh and either by itself or with flaked rice, hard tack or wheat preparations, like triscuit or granose biscuit.

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Fermented cheese should not be used at this season by people who still have a suggestion of catarrh in their system. Even butter has to be used with caution.

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Salt and sugar are only to be used in fresh bakery-wares in connection with well-beaten eggs. Make your dough for biscuits and muffins with cold water and iced beaten eggs, but have the oven hot.

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Fresh, raw eggs in the morning will clear the voice and strengthen the stomach.

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When exhausted and tired take a glass of cream with the juice of two lemons beaten in.

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All kinds of berries are now in order, but where the digestive organs are not in good condition and a catarrhal state manifests, abstain from berries. At any rate do not eat them with cream or with sugar.

During the periods of puberty females should abstain from all kinds of small fruits, as the acids contained therein interfere with the regular methods of Nature.

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Small fruits and vegetables may be eaten the same day by those in good health, but not by invalids.

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Strawberries with whipped cream, but no sugar, are a tonic to some, but infected persons want to let them alone.

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Strawberries with cream, also mashed and thinned with pineapple juice and cream, insure pure tint and rosy cheeks.

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Strawberries with cream are not only delicious but valuable to persons suffering from indigestion. But let sugar alone.

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Raw beaten eggs with strawberries will cool the feverish brow and improve the action of the kidneys and liver.

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If small fruits disagree with you when taken with cream, try them without cream. If they still disagree, mash and press them through a sieve, beat the juice with cream and try again. If this won't work, drop the small fruits and take the milk diet.

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Cooking should be discarded now and only such dishes should be used as require no particular preparation except that of cutting, slicing, grating and chopping.

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*"Not quantity but quality"* is the password of this season when selecting vegetables for food. This password is to be remembered always when partaking of leaves of healing.

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If vegetables need any rinsing, either well-water or ice-water should be used ; in short the water must be very cold.

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Use no water now in which to cook your vegetables. All such vegetables as will not cook in their own juices should be eaten raw, and where they do not prove palatable they surely are not for you, but they are either for your next door neighbour or for the cattle upon the range.

Raw salads should never be seasoned or salted ; only cooked foods may be, and those but moderately.

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If cooked vegetables disagree with you it means that you are to eat them raw, and if when eaten raw they still disagree, then you are to drop such vegetables altogether for a time and resort to small fruits.

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All the different green vegetables act upon the stomach, liver and kidneys. The way you prepare these vegetables and the way you make your selection and season them, determine their medicinal value.

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Where fresh salads and vegetables are used, kindly remember that you are to let salts alone. Where fresh fruits are used leave out sugar. If fruits need sweetening you may do this with cream, and to make your vegetables more palatable prepare them with plenty of sweet butter and with milk.

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Rhubarb is the best vegetable at this season ; eaten fresh and raw, or using the juice only will prove efficacious in digestive disorders. It should not be steamed as it thus loses a goodly amount of virtue.

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Rhubarb, tender and small, should be eaten for torpid liver. Eat twice a day in moderate quantities with crushed wheat or steamed barley.

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Fresh rhubarb and a pinch of egg-shell powder for the first course of the day, will correct all irregularities, and ease the torpid liver ; twenty-one days will suffice.

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Rhubarb cooked slowly without water and well sugared as soon as it begins to boil, is a good cathartic. Use for dinner and take a wineglassful of rhubarb juice before retiring.

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Take a mouthful of fresh or dried rhubarb daily for ten days and note the clear complexion, and the mild passages that result therefrom.



The leaves of rhubarb may be cut fine with scissors and steamed with butter in their own juice for fifteen minutes. Add hot water gradually to the desired quantity. Thicken with white or browned flour and add cream just when it all comes to the boiling point. To each bowl add a well-beaten egg and salt to taste. Such soup not only proves delicious, but will act as a mild cathartic, and eaten daily for a month, will restore the depleted organs and insure a healthy complexion ; some bread-squares dipped in butter will add greatly to the taste, and with additional lettuce salad, hot English muffins and a glass of buttermilk or lemon-milk, it will make a good meal. If needs be, a hard boiled egg dipped in cold salt brine immediately after boiling will fill the bill for the most hungry.

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Rhubarb leaves prepared as a soup are in effect equal to sorrel. Sorrel is of inestimable value in scrofulous and fibroid diseases.

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The leaves of sorrel and wild mustard are better for the stomach than drugs ; they soothe a swollen liver making rest and sleep possible.

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Sorrels make excellent soups and when combined with mustard and tender dandelion leaves give the best satisfaction in cases of nervous debility or prostration.

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Sorrels of every kind make a very fine salad and will prove of value to those who are still suffering from poor circulation, eruptions, cancers and private diseases. Eat gingerbread with sorrel salad.

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Mushrooms, asparagus and parsley are a fine combination for him who claims digestive troubles and whose kidneys are weak.

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After everything else has failed you, try a big dish of fried mushrooms, a hot biscuit and a cup of mocha with rich cream. Just have it once and maybe twice, and no more.

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Mushrooms in any and every form will prove good fertilisers to the impoverished constitution.

Asparagus and fresh peas are particularly good for weak kidneys ; mint is to be used for flavour to get the full benefit. Instead of butter, use sweet cream for sauce.

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Asparagus should be eaten freely by all those who have weak kidneys ; first trim and peel the asparagus, pour boiling hot water over it quickly through a sieve. Start steaming with butter over a slow fire, when nearly done add cream or a cream sauce. When served on thoroughly dried toast, with peppers, mint trimming and parsley, it will be found to be the remedy and food in all kidney and bladder disorders. Any green salad goes with it.

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Spinach and dandelion used in small proportions daily for twenty-one days will correct liver complaints.

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Should your stomach feel distressed at any time take a few chips of ice, swallow them, then eat as much spinach as will be necessary for you to make a good square meal on, and drink the juice of one lemon well salted. Repeat this daily for three to five days. Thereafter use the tops of red beets as a salad, and with well peeled radishes.

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Watercress with mustard leaves and spinach will overcome fibroids and cancer.

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Dandelion and sliced radishes eaten between two slices of bread spread with cottage cheese, and a glass of butter-milk will be an ideal meal.

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Dandelion, the tender leaves thereof, will make a delicious salad. Cut fine with scissors and mixed with watercress and chives, will prove an excellent tonic.

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The tender roots of dandelion, dried, roasted and pulverised, will prove very efficacious in liver complaints, and will insure a good complexion when used with plenty of green salads like lettuce, endive, sorrel and mustard leaves, leek, asparagus and watercress.

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Fresh carrots eaten raw, with a few caraway and anise seeds, will remove worms.

Oxheart carrots and fresh peas, eaten with pine kernels, cure asthma.

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Green peas or beans with a little savoury or mint on the side, will prove of value to those whose intestines need toning up.

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Finely cut onions, mixed with chives and parsley, will prove a splendid remedy for nervous prostration.

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Leek, green onion tops, and parsley in equal quantities, made into a broth, and poured over a fresh egg will prove an excellent dish for those who are dyspeptic. For dysentery add one tablespoonful of browned flour to a bowlful of broth.

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Chives, cut fine and mixed with cottage cheese and cream, will make a most refreshing dish for those suffering from torpid liver.

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Young turnips, eaten raw, with white onions and radishes, will do more in clearing the skin than any other one thing ; used as a main dish, that is, as a first course to each meal, they will dissolve tumours, gravel, and dispel scurvy.

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Don't fail to gather plaintain leaves ; macerate them, and tie them about the ankles and other swelling places and you will be relieved of the trouble. If dropsical, use in addition salads made largely of yarrow, parsley and sorrel, and when thirsty drink yarrow-parsley tea.

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Invalids or those suffering from scrofulous troubles should use freshly grated horse-radish, one cupful to a quart of sweet milk, brought to the boiling point and eaten with fresh bake-ware.

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Shredded lettuce with watercress will act upon the kidneys ; with a soft boiled egg and a fresh buttered muffin or roll it will answer for a plain meal.

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Eat little bread and still less of cereals.

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Muffins, rolls and biscuits may be eaten with sweet butter.

Barley gruels with vegetable salads and well-buttered fresh rolls, muffins or biscuits will make an ideal meal, using for a drink buttermilk or lemon milk.

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Cereals should not be cooked at this season, but simply steamed in a wire sieve placed over boiling water until moist and hot. Eaten with a little cream or butter, will not only be palatable but wholesome. Vegetables or small fruits will go nicely with it.

## SUMMER.

### JUNE.

June, the month of meditation and revelation ; the month of rapid ascendancy and final unfoldment ; of crystallisation determining the ripening of the harvest to be.

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Repair to the seashore, the mountains and the woods, to be kissed by the glorious sun, and freed from the dross of time, die to the past, rising unto the realms of peace.

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Proper rhythmic breathing and change of diet will now perform the miracles for which Nature is ready. Are you ready to receive the gift of heaven by preparing the way, or are you still lingering ? Will you continue to delay ? This is the acceptable time ; this is the day of salvation. Should you miss this God-given opportunity do not be surprised to find the portals of health closed at a time of trial.

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June is the time to rid oneself of all the troubles of the membranes. If you are not situated so as to go out into a running stream, a lake or the ocean, fill your tub with cold water, and if possible throw in a chunk of ice. Have your windows wide open, but prevent draughts. Dip your hands and wrists into the water first, wet upper arms, neck and chest, and then get under the water. Keep splashing and moving from five to ten minutes and rub yourself dry with your hands.

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Stand in a dish of cold water up to the ankles and breathe out thoroughly. When breathing in make it a point to throw a



cold, wet towel, well folded, on the naked chest and follow the current of breath with your thought, taking care not to make any noise as you breathe. This is an excellent exercise to improve the generation of ganglionic fluids.

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People living in high altitudes should descend to the ocean's shores, and those in low valleys should ascend to the hill-tops and mountains to equalise matters, thus insuring to themselves good health and broadening of the mind.

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Air the body morning and evening, slapping the chest while exhaling. Be sure the chest is well out and the same position retained whether inhaling or exhaling.

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Are you too warm? Then work a little harder. While working you counterbalance the atmospheric heat. It is only when you seek ease that disease finds you out and makes Nature's powers felt.

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Clothed lightly, and in texture and colour corresponding to the season, refraining from nightgowns, free from association and resting in the everlasting arms of God, all the inventions of man called hygiene, and health measures will become superfluous.

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Take a cold plunge or a sponge bath before retiring and be sure you rub the body thoroughly. Go to sleep before midnight and arise before sunrise, making it a point to go out barefoot even if but for five minutes.

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Climbing high mountains in June until fatigued, will remove all complications of a private nature. Climb daily for twenty-one days.

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Eye and ear troubles are induced in June by straining the voice. Under such conditions do not bathe the feet in water; rub them thoroughly with a towel and then give them a good hand rubbing with a few drops of vegetable oil, the rubbing to be done every night.

The pulling of toes until painful and the pinching of ears, and pricking the same with sharp points are in season and will help to eradicate poisons from the blood, assuring a good sense of sight and hearing. All such innocent manipulations, scientifically conducted, are calculated to increase circulation and induce nerve action.

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In case of diarrhœa, start your meal with a very small amount of blackberry brandy and finish the meal with a teaspoonful of browned flour.

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In case of kidney trouble grind raw peanuts to flour, mix with white of egg and lemon juice to form a paste ; spread on bread covered with lettuce leaves.

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If feeling heavy and costive, use little pebbles, two or three every other day—pebbles the size of mustard seed.

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Injections of French almond oil will heal hemorrhoids or piles, whether bleeding or blind.

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Alkali waters used in small quantities and with lemon juice will prove of great benefit to all ailing from digestive disorders, and to the consumptive and catarrhal sufferer it will prove indispensable.

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Fresh milk injected into the rectum to the quantity of one half pint, after the colon has been washed with soapsuds, will cure the worst case of constipation in three weeks ; the diet to be spare, and two soft-boiled eggs to be used daily with three or four kinds of fruits, two ounces of freshly ground wheat meal, made into gruel, and eaten with half a pint of cream.

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Those suffering from hay fever should remember that now is the time to take cold water sponge baths three times a day, to wear very light linen clothing, and to swab their nostrils with brandy, At night powder the body with bicarbonate of soda.

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Should you be troubled with catarrh in winter or hay fever in summer, remember that June will eradicate it soon if you will

simply seek a cosy spot of running water or the lake shore. Jump into the water just at sunrise and move about lively for five minutes. Go under the water a few times. As you come out of the water throw a garment quickly over yourself while emptying the lungs thoroughly and filling your chest thereafter, then take to your heels and run as if for your life for about three minutes. Then rub the body dry with your hands, using no towels. Having followed this course daily for ten days you may let up on it, taking the open air plunge every other day for a week, and stop before the first of July.

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Rheumatics and those who have occasional touches of neuralgia should get up early in the morning and put mud on their limbs as far up as their hips, and run about in the sunlight until the mud dries and falls off the skin. Do not bathe thereafter, but rub off the dirt and dust. Take plantain leaves by the handfuls, chop fine and rub thoroughly over the body. Put on linen-mesh garments and get to work. At night wash the body with as little water as possible, immediately thereafter rubbing the body with hands anointed with almond oil.

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Rheumatic people should work in quarries and sand banks, or hoe in the garden and field for six hours a day, while the perspiration runs down all over the body. Soft-boiled eggs, a few vegetable dishes, and good bread and milk will soon put them right.

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A mud bath is an excellent thing for those who are troubled with acids causing neuralgic and rheumatic pains. Any clay dirt will do for a mud bath, if you will let running water or rain on it and allow it to become like dough. Enter the pool and make your way through it, keeping up the kneading of the clay mud for twenty minutes. The mud must be knee deep, and with every step you must get one foot at a time above the surface, while taking care not to lose your balance. Work for your life, and such a mud bath will bring on perspiration that will do you good. After a mud bath a person should take a thorough vinegar rub and resort to light work. These mud pools can be prepared in any yard, free from the gaze of vulgar eyes and the observation of the illiterate.



Rubbing the face, neck, hands and arms daily with the scum of puddles, ponds or creeks will insure a clear complexion. If a clear, transparent skin is desired, let the scum get dry on the skin and brush over with the white of an egg. Keep it on from ten to twelve hours before washing it off.

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During the hot season salt, saleratus, bicarbonates and bio-chemic salts are not to be used if we desire to grow with the season and keep good health.

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As long as we do not follow implicitly nature's simple course we cannot expect to get well. We must remember that ailments are Nature's means of saving the body from untimely destruction. It is a blessing to be sick, as we are thus reminded that we have transgressed a law and we are being given grace to adjust matters.

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Do not miss the plantain leaves growing by the roadside. Bruise the leaves, apply them to sores, swollen ankles, enlarged glands, tumours and goitre. Repeat daily and watch the magic results. Whenever it is not convenient to apply the plantain leaves, change off with applications of white of egg, but not for more than one day out of five.

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Walk in hot sands for a time and then wade in cold streams for about the same length of time and note the strengthening of your ankles and the lightness of your feet. After a hot-sand walk and stream-wading the application of the yolk of an egg will eradicate all tenderness of the feet and diminish their size considerably.

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Going into consumption? Then breathe out every hour of the day for one minute at a time and repeat three times. Then climb slowly for ten minutes out of every hour, carrying a weight ranging between twenty and fifty pounds, and adding to the weight daily. Work two hours every day in a stooping posture and one hour on your knees. The rest of the time should be spent working in the garden, the fields, and woods, or grading walks. Diet should be goat's milk, sour milk junket, fruits and nut preparations. Association should be with healthy, happy, industrious persons, free from the suggestions or atmosphere of disease. It is criminal to bring



two sick people together, for like begets like. Let the disease germ be killed by the health germ.

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Have no one impose upon you ; control your passions by keeping busily engaged in manual labour ; eat when you are really hungry and then don't be too particular ; be satisfied with little ; expect nothing ; get down to business, attending to it yourself ; depend on no one ; stop thinking ; breathe out to greater length ; hold your mind in check ; be not reminded of the past and do not care about the future ; be happy even if you are not inclined that way ; whenever you get angry immediately repair to the mirror and behold in whose image you are made, then ask God's pardon for having made grimaces at Him ; be decent and stop fooling with people's theories and opinions ; remember that you are just as good as the rest and no worse than the rest. Speak to yourself slowly, with emphasis, and with hands uplifted and a voice well raised : Peace, Peace, Peace !

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Oils should be used with caution and only where man is engaged in manual labour.

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Instead of oil use butter to make mayonnaise and other dressings.

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Sweet butter eaten by itself in goodly quantities will heal all troubles of the membranes. Do not eat bread or cereals of any kind that day.

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Do not use cheese and eggs at the same meal, keep them apart. Fried eggs are out of order this month, and baked cheese as in Welsh rabbit will call out old conditions. So beware !

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All flowers of the season are in order either as to the inhalations of their sweet odours at early morn, or to be eaten in small quantities. The hearts of water weeds will prove beneficial to rheumatics, while the use of sand and shells will do more to correct the action of the stomach than any other one thing.

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Petals of blue flowers and those tinged bluish and white

possess curative powers during June. Eat them with the dew upon them in small quantities daily and you will never be troubled with blood diseases of a serious nature. The same is true of small fruits. Gather them before sunrise, feed on them and be happy.

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Eat the petals of the buttercup flower as you pass the field. Eat them freely and miss it not to nibble the tender leaves of the sheep sorrel wherever it is found. It will send through your veins forces conductive to your bodily welfare.

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You still have stomach troubles? Then stop drinking tea, coffee, cocoa, water, or anything stimulative. Confine yourself to milk, fruits and nut-creams, or milk and vegetables.

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Coffee and tea are to be used very sparingly, even by the healthy, and spirituous liquors must be abandoned entirely if stomach and liver are to be given opportunity for adjustment.

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Do not drink water, which is but a temporary relief that paralyses all organic action. Use fruits of an acidulous kind instead.

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Nature's distilled water is found in fruits and vegetables. Do not use salt, sugar or spices. Let all the food be eaten raw, but do prepare it nicely, for what a loving hand prepares, adds to the taste and health declares.

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Tropical fruits should be used only by invalids at this season, and only in the form of juices, before meals. The meal itself should be slender and should consist of the products of the local market, including fresh dairy foods and eggs. Eggs should not be boiled, but put in boiling water.

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Fruits with cream, vegetables with poached and soft boiled eggs will prove ideal combinations that will keep the bowels open and eradicate all forms of disease—even gout, paralysis, eczema, cancer and consumption.

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Raspberry leaves are also good now to promote generative action. They must be cut with scissors and added to your salads

or steeped for three minutes and used as an herb drink. A tea thereof used in private injections will cure any inflammatory trouble if used twice a day, or every twelve hours, for twenty days. Use internally and externally at the same time.

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Do not eat too much of any one thing. Have some variety now that the season affords it. Get something different for each meal.

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Stick to the vegetables in season and have cherries as well as small fruits in moderate quantities.

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Currants will prove an excellent means of removing diseases of a private nature in man, while his better half will find it to her advantage to use fresh red raspberry juice daily for three weeks, beginning with the period. Scrofula and kindred diseases due to the poisonous virus and diseases of transference will also be eradicated.

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Rheumatic and catarrhal people fare best on small fruits and cream, buttermilk, lemon milk and eggs.

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Small berries are good for anybody and everybody, but not for prospective mothers, or babies.

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If berries must be washed, remember that the best way is to place them in a sieve and pour ice-water over them. Eat them immediately thereafter and, if you like, eat whipped cream with them, but no sugar.

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Fairly feast on small fruits, but do not take them with sugar, not even with milk, although you may take milk before or after.

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Hasten to the woods and gather all the berries Nature has prepared for you, that inherited disease tendencies may be eradicated from your system.

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Remember that it is best not to mix vegetables with fruit at the same meal, small fruits like strawberries, raspberries, gooseberries, etc., excepted.



Of all good things three is the complete number. Apply that to your menu and let your selection be confined to three things, wholesome and proper in their relation. The study of dietetics and health culture will be superfluous, for he who lives the law is free from all the laws.

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The rule of one thing at a time may be safely applied to eating. Make it a point to eat your courses in regular order. This will keep up the separating in the stomach and each compartment will intelligently perform its part. If you mix it all together like hash the separating function suffers, and digestion is retarded, which will not only impoverish the assimilating tendencies, but the food improperly digested induces alcoholism, prompted by enervation and surplus accumulation of minerals and acids detrimental to the health of body and mind.

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Do not forget that your stomach is twofold in operation and that it has two compartments, each attending to that part assigned to it by Nature—the acidulous and the mineral chambers. If you use too many acidulous foods you will have trouble, and if you season foods already containing large quantities of minerals you will have to suffer again.

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Sour milk junket and new potatoes, peas and mint, asparagus with nut cream and kindred delicacies are now in order for those who feel that their liver and kidneys need assistance.

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Use one tablespoonful of pineapple juice before each meal if your digestive organs are out of order, and remember that lemon milk to the quantity of one pint should be used daily for a month.

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Wild mustard leaves are excellent for toning up the stomach, and eaten as a salad before each meal will eradicate dyspepsia and indigestion. Keep up this diet for at least five weeks.

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Sheep sorrel and water-pepper eaten as a salad every day during June will eradicate fibroids and cancers.

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Cancerous and scrofulous people should eat sorrel quite



liberally, even sorrel soups and sorrel drinks. Sorrel should be the main dish. All other dishes are to be side dishes only. Add water-pepper to sheep sorrel to give it a decided taste.

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To cure indigestion take advantage of all the diverse sea-weeds and sea-moss now in season. Use a small quantity before and <sup>rd</sup>after each meal. Eat of ordinary food only enough to keep your appetite at high mark.

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Sea-weeds, the blanched parts thereof, are of inestimable value to the sufferer from indigestion and dyspepsia. Pull the weeds, cut the lower ends fine, and eat with a piece of unbuttered bread.

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Dyspeptics should use yarrow and mint quite liberally with their vegetable dishes, and chew calamus freely.

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Nature teems with vegetation. There are fresh peas, French beans, tomatoes, lettuce, carrots, turnips, beets, sweet-corn, potatoes, onions, asparagus, spinach and many other varieties that delight the heart and tone the blood. Make your selections accordingly and change your bill of fare daily so as to get it all in for the good of your health.

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Turnips eaten daily with white onions will dispel scurvy and gravel, and remove tumours.

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Nuts should be eaten very sparingly during this season, as there is plenty of fresh milk, cream, butter and Swiss cheese.

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Grains and cereals should be eaten sparingly. Hot bread and muffins with sweet butter are in order.

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One of our students asked us to make this report for the benefit of fellow sufferers: "I followed our Master's advice in a case of inflammatory rheumatism; I suffered periodically for three to five weeks at a time. One morning on arising I found it impossible to leave the bed. I had my usual trouble. The whole right side was lame up to neck and forehead. I could not raise my right

arm nor move a finger. In my hour of trial, I remembered Mazdaznan and I breathed out to the utmost for a few minutes. Then I breathed in full draughts of the God-given air slowly and thoughtfully, and as I breathed I arose from my bed. Whenever I had to lift my arms in work I just breathed in slowly with the motion. Every now and then I would breathe out, and arrest all action until perspiration came to the forehead. I used for food dandelion, raw and cooked, soft boiled eggs, cream with lemon juice, and whipped cream in light coffee. I took long walks after working hours, and in thirty-six hours all my rheumatic troubles were conquered. I realised that I had overstepped Nature's laws and resolved to live simply and give God the glory. I am now more than convinced that right breathing, seasonable living, and thanksgiving in our hearts are the three stepping stones unto redemption and an assurance of the perfect life here, now and forever. I no longer eat everything I see, but confine myself to the promptings of the still, small voice ; not appetite, but the demands of hunger." Go and do likewise if you care to be wise.

### JULY.

July, the month glorious, a season victorious.

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Where there is harmony in one's nature corresponding to the laws of the terrestrial realm, there is no pain.

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When out with Mother Nature shout at the top of your voice, for mother loves to hear rejoicing. Let us be happy, each and every one, until the whole world rejoices.

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Keep out of doors all you can during this month and eat all you want, but be sure to eat plenty of fresh things. A picnic every Sunday out in the woods or by the seashore will be of more value to the body, mind and spirit than the celebration of high mass. Be sure to take a good sized lunch basket with you or let each one carry his own box which may be thrown away. Arrange it so that you do not have to carry anything home but a happy, smiling face and the love of God in your heart breathed into your bosom from out of open nature.

Are you uncomfortably warm? If so, take a slice of lemon, place it on your tongue and let the juice mix slowly with the saliva, and swallow after the tenth inhalation. Note the state of exhilaration.

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The more active we are on a hot day the better able we are to endure the heat, while inactivity proves detrimental to one's comfort. It is due to the latter that the intelligence of Nature has devised so many means of inducing activity in one way or another. And where the intelligence of the individual does not prompt him to keep going, then insects come to pester him or else the disease germ asserts itself just to keep him moving.

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When overheated drink a cupful or two of mild, hot tea. Free perspiration will soon make you comfortable.

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A quick, hot bath and a cup of mild, hot tea thereafter, are excellent on real hot days, and on those stifling, humid days don't fear to drive the heat out of your blood by an extra hot spiced dish.

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A few large plants will aid much in keeping a room cool, especially if a small bowl of vinegar is placed in the room.

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Walk along the still waters of the pond or the roaring flow of torrents and let Nature wash away the accumulations of waste from your feet. Then let the soft, gentle breezes of the air and the ever-searching rays of sunlight breathe the perfume of liberty upon your feet. While yet contemplating turn to your lunch basket, take from it your little crust of bread and spread upon it cottage cheese, mixed with finely cut chives, onion tops, parsley, green tansy, watercress and wild mustard leaves, with additional cream.

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When your little ones are ailing or show symptoms of laziness, it is because they are robbed of the opportunities to express freedom of thought and action. Go out with them into the fields and set them an example which they will soon follow. That is better by far and serving the Lord more intelligently than to confine them to the musty Sunday-school room and to sit in a pew entertaining all kinds of ideas but those approaching heaven.



The invalid child does not need medical attention and a nursery, but the freedom of life. He needs to romp about, climb trees, get a few hard knocks, wade in ponds, get thoroughly dirty and besmeared, hungry as a wolf, and as unmanageable as a wildcat, so that a good night's rest will enable him to be ready for more "stunts" in the morning. Nature will do the rest if the child is given a chance to pick what is best.

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We are never too poor to select the best for our food, and never too rich to consider simplicity in living to be the safest policy, insuring health of body and repose of mind.

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No cooking is to be done at home ; for this reason live on uncooked dishes. If you want anything that is to pass through the fire, go to the desert where you can kindle the fire of love from the scorching rays of the midsummer sun. If you should not happen to like it, remember the stomach and other kindred organs, that perchance do not like it either if you get too imposing.

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Do not eat heavy, filling foods this month. Consequently do not use water or milk in your cooking ; still better do not cook at all. If you must stand over a fire, simply bake a few things, and even there observe the rule, absolutely no water, as little butter as possible, although you may use sweet cream.

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Make it a point to use vegetables for four days and fruits for three days out of every seven.

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Now is your time to eradicate rheumatism and diseases of the kidneys and of the bladder by taking long walks in the morning and a sun bath before the noon hour.

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Drink no water. Quench your thirst by bathing your upper arms, wrists and hands with cold water before eating your meal.

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Do not drink after a meal, as it will cause the body to become heated, owing to the fever arising on account of the excessive action imposed upon the stomach and digestive organs.



If you do not care about your liver, and it matters not as to your stomach and kidneys, then at least have mercy upon your complexion and the sparkle of your eyes so necessary to inspire confidence. Then do not drink water or use water with your fruits and vegetables. Water goes only with cereals, grains and bread.

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At night take a sponge bath of vinegar diluted with two-thirds water. Rub the body well with towels and thereafter with the hands. It is well to have a few fresh rose leaves strewn over the bed when retiring.

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Free perspirations, frequent thorough rubs and change to fresh garments will add more to the beauty of the skin than all the creams and perfumes science may devise.

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When the feet feel tender and sore bathe them in mild vinegar, give them a salt rub, and afterward brush them with the yolk of an egg. If you wish to harden your feet you should keep up these vinegar baths for three weeks. Yolk of egg will keep the feet in good condition.

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If you are troubled by the feet perspiring, take two onions slice and salt them well, let them stand for several hours, apply the juice to the feet and wrap them lightly in linen cloths before retiring. In the morning bathe the feet in hot vinegar. Repeat this treatment for nine consecutive days, and even severe cases will be relieved.

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The early morning dew will cure your eye troubles if you will bathe the eyes daily with "the tears of the morning" for a month.

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Catarrh of the stomach can be cured this month by walking about on the cold sand in the early morning alternated by stepping on the dewy grass. Walk from fifteen to twenty minutes each day. Returning to the house rub the feet thoroughly and until heated. Now take a cloth and dip it in boiling hot water, wring out the cloth and apply it directly to and below the navel. Repeat this three times. Dress quickly and take a pinch of borax, besides snuffing a little borax up your nostrils. Keep this up for several days.

Now is the time to get rid of that nasty throat and nasal catarrh by going out into a running stream or a lake just before sunrise and wading quickly through the water, dipping the body into the volume of water or waves half a dozen times, then run home quickly. After arriving at home rub the body thoroughly with your hands, taking long breaths from time to time, and emptying the lungs to the utmost.

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Walking barefoot in hot dust for four miles and quenching one's thirst with water melon will cure dropsy and eliminate uric acid from the system. This process followed for twenty-one days will accomplish a cure. At first, by stirring the bile, it will make one sick to the stomach ; in that case take your lemon and salt.

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Cold-water plunges or spongings in the morning make one immune from hay fever and asthma, and prevent colds or catarrh later in the season.

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Plantain leaves, bruised and made into a poultice with rich cream, will heal all kinds of sores, severe cuts and burns, and will remove cancer in the first stages.

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Take a handful of plantain leaves, bruise them, pour one pint of hot water upon them (rain water is preferable) ; let it stand all day and at night use this with three or four quarts of hot water in your colon-flushing. After the flushing inject two tablespoonfuls of pure almond oil. Rectal troubles as well as complications of the intestines will be eliminated by this treatment.

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Plantain leaves, dipped in vinegar and worn in stockings or shoes (without stockings) for three or four hours daily, will draw uric acid from the system and cure rheumatism.

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The stomach desires particular attention this month, and prefers a mild, hot tea rather than a cold drink.

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Lemons will prove of inestimable value now. A hot lemonade will cool the swollen liver much more quickly than anything else known to pharmacopœia. But be sure you let sugar alone.

Should your stomach distress you, take a pinch of borax every minute, from three to seven times, and half an hour later take the juice of half a lemon with five pinches of salt.

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Lemons can be used to great advantage if we bake them in an oven for five minutes and use the juice while it is yet warm. The severest attack of malaria, typhoid and indigestion can be cured by using from three to four lemons a day. Take a lemon, squeeze the juice into a bottle containing a quarter of a teaspoonful of salt and shake the bottle until the salt is dissolved and the contents become effervescent. This will be enough for two doses. Use from six to eight doses a day. Avoid using any cereals and use no fruit for several days. You may use in connection with this lemon-cream made the same as lemon milk.

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On coming home from a day's hard work, wash, take a plunge and drink a glass of hot lemonade. After that proceed with your meal and you will feel very comfortable.

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Lemon milk is made by gradually beating the juice of one lemon into a bowl of sweet milk. We use the egg whisk in this case very successfully.

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Water-melon and lemon juice together will eliminate uric acid, thus curing rheumatism and dropsy. Live largely on water-melon and avoid other foods as much as possible.

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Any kind of fruit with bread and a glass of buttermilk or lemon milk will make a delicious meal.

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Sour milk junket with a pinch of nutmeg will prove refreshing and aid the alimentary organs, while the skin will remain active.

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Whey, or the water of sour milk, beaten with lemon juice in equal quantities and taken in doses of a tablespoonful every three hours for several days, will arrest nervous troubles and cure indigestion without fail.

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Pickled relishes should not be used at this season. Use lemons in your salad.



A boy entering the age of puberty should not be given eggs during the hot season, while a girl maturing should not eat small fruits, particularly raspberries. To detail reasons would fill columns. Let it suffice us to know that the transgressions of nature's laws and our ignorance lay the foundation unto disease.

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Prepared eggs as a food are not in season. They may be used raw to some advantage, particularly when highly seasoned with red pepper and in connection with fruit. Otherwise it is best to let them alone.

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Cottage cheese with chives, and onions and cream are excellent at this season.

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During the hot spell milk is wholesome only when fresh and sweet. When milk turns it should not be used until well fermented, when it will prove an excellent remedy if eaten with coarse bread and vegetables. Milk must be kept in earthenware vessels and never in tins.

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Buttermilk, cold or boiled, will be found to be an excellent tonic and a cool refreshing drink.

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Strong, spicy fruits and vegetables are in order, for the hotter the days are the more hot-seasoned foods are required to combat the heat of nature. But it is to be remembered that this applies only to the active man. He who leads a life of leisure, seeking shade trees and lying in a state of repose while attendants brush flies from his brow with continuously moving fans, that man must eat only cooling foods and live more like the man in the Arctics.

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Small fruits are to be mashed and the juice is to be used in milk and cream. This is of value to those whose blood runs quickly and coagulates readily.

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Ripe, stuffed and preserved olives are always in season.

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Well ripened gooseberries will prove an excellent liver tonic.



Do not mix them with other fruit at the same meal, and do not use buttermilk with them.

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Raspberries should not be fed to children except as jams. Now is the time to get rid of those bunions and frost boils by wearing sandals and at night bathing your feet in hot water, then applying raspberry juice to these blemishes. They will disappear like magic.

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Rheumatic troubles, including neuralgia, gout, lumbago, etc., can be effectively relieved and eventually cured by using fresh small fruits in large quantities, with little or no other food, except cream. The fruit may also be mashed and strained, making it very palatable with cream.

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Tea from all kinds of fresh blossoms will prove very beneficial, particularly the flowers of wild roses, elder flowers, linden blossoms and buttercups.

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Wild rose blossoms, eaten before and after meals, will clear the blood and give a good complexion and a healthy tint to the skin.

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Use all the vegetables of the local market, but avoid preparing them with water in case of cooking, stewing, baking or broiling.

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People suffering from indigestion, dyspepsia, rheumatism and constipation should eat no bread or cereals, no cheese or potatoes this month. Use plenty of raw foods as Nature provides them. Cucumbers, but not cucumber salads, will prove of great value.

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Grated raw beet-roots, turnips and carrots, seasoned with lemon juice or rhubarb juice, are in order and will prove a cooling food.

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New small potatoes boiled in their skins and eaten with sour milk junket will be beneficial even to an invalid.

Eat fresh peas, beans, corn, carrots and potatoes. Use all the savouries of the season.

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Tomatoes are of benefit in intestinal troubles, and should be used without preparation.

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Lettuce with fresh unprepared cucumbers and a few slices of raw potatoes, make an excellent food for dyspeptics.

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Potatoes with buttermilk soups and with cream will prove cooling and refreshing, and a curative to consumptives and rheumatics ; but do not drink coffee.

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Hot peppers are in order for consumptives, and all those suffering from bronchial and membraneous troubles. Care must be taken that the bowels are kept open. Water should not be used unless made into a drink by using a cupful of bran to every quart of water ; stir it well and allow it to stand for at least half an hour.

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If dyspepsia is your cross, take once a day a salad of finely sliced cucumber with one small, raw potato, thinly sliced, and half a green pepper, served on bleached lettuce.

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Tomatoes can be eaten by nearly every one, but care should be taken not to eat the skin or seeds. Tomatoes are of value to sufferers from intestinal and liver troubles. The yellow kind are particularly good for those who have duodenal troubles or jaundice. Eat tomatoes by themselves.

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Small, new potatoes boiled in their skins, with a sprinkle of dill seed, and boiled until the water has all steamed away, eaten with sour milk junket, will not only prove very refreshing but will also help assimilation. The fleshy will not get any more fleshy, but the lean will grow plump and pretty.

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Tansy, buttercup, sorrel and mustard leaves used as a salad, will prove very beneficial in generative disorders and will also correct habits.

Wild mustard leaves, eaten before and after meals, alternated with mint leaves will cure stomach troubles and chronic hiccough.

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The month of savoury herbs ; they should be used freely in vegetable dishes, like *mint* with peas, *sage* with beans, *anise* with carrots, *fennel*, *dill* or *caraway* with potatoes, *caraway* with turnips, *anise* with beets, *mustard seeds* with corn, *celery seeds* with squash, *thyme* with asparagus and tomatoes, etc. These combinations develop in man's organic laboratory the medicinal compounds required to set derangements in order, enrich the blood, and keep the body free from diseases which spring from ignorance—ignorance as to the relation of vegetables to savoury herbs. There are more than ten thousand herbs to answer the demands of the seasons and all of the peculiar developments of man's shortcomings, that nothing but health and happiness may rule upon the earth. If we are unhappy it is because we will be ignorant and follow the blind leader, who takes us into the dark pit and leaves us to our fate, and groping in labyrinthal darkness.

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Diverse weeds growing about the yard may be used to good advantage in cases of chronic intestinal, alimentary and hemorrhoidal troubles. There are tansy, plantain, yarrow, dandelion, horehound, sage, etc. Take a different weed each day, then combine two, then three of them. A course of treatment of fourteen days out of every month, for two or three months, will produce astonishing results for the better. Bruise them, pour over them a pint of water to each handful of leaves and use the water in flushing the colon.

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In case you suffer from indigestion and dyspepsia, rheumatism or hay fever, just eat a handful of potato peelings and half a handful of cucumber peelings every day. Take a cupful of sour milk junket so as to make a meal, then saw and chop wood for a while, giving glory to the Lord God Mazda for having given you an opportunity to live up to the laws of Nature which give you health and wealth.

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Cooked or flaked rice still remains the best grain to be used



with fruit and vegetables, but remember that to get the best results in cooking rice, it must be boiled in exceptionally hot, bubbling water so as to be well done in twenty minutes.

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Pastries and cakes are out of season and detrimental to health.

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A splendid nerve tonic is the fresh juice of grated apples, taken on an empty stomach just before retiring. If nervousness is accompanied by insomnia take two or three good sized apples, slice them fine, retaining peelings and cores, put them into a bowl. Now add one quart of water, rain water if it is procurable, otherwise hydrant water will do, allow this to stand from four to six hours according to the warmth of the weather. Strain and drink during the evening, using the entire quantity before retiring. Continue for a few weeks and notice the great improvement. After using this tonic for three weeks, discontinue it for a week and thereafter resume it until cured. You can assist nature by following a simple diet, and create a happier mood through the recitation of the Gathas, patets and invocations, and the singing of sweet melodies, relaxing the tongue, face and neck while so doing ; and make it a rule never to read unless you can do so with the voice rising and falling, distinctly hearing every word you speak.

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The apple-juice tonic used with a dash of nutmeg and a pinch of salt to each tumblerful, will prove a Godsend to the sufferer from torpid liver or valvular troubles. Women will welcome this tonic when they learn that with five drops of cassia to each tumblerful they can be relieved of pain the first day of their periods. By keeping up this treatment for three days before and six days after the period, repeating it for three or more consecutive months, this simple apple tonic will cure all female disorders.

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People threatened with fibroidal growths, scrofula and cancer will find July to be the saving power of a grace divine. Take hot baths at night and drink hot, sour lemonade before retiring. Drink it as hot as you can possibly swallow. In the early morning, before sunrise, go out in the meadows beside the still waters, and drink the dew from grass blades and flower cups. Take your fill ; stoop



and crawl about like the once mighty king, Nebucadnezzar, who fed on vegetation for seven years to be healed of malignant cancers that had eaten into every organ of his body. After having taken all the dew you care for, take a walk in the dust and sand of highways. Allow the rays of sunlight to strike your back. As you pass through the fields pluck the petals of buttercups, honeysuckles, bluebells, roses and nasturtiums ; feed on them. Let your meal later in the day consist of sweet-corn dipped in boiling water ; use gingerbread, spinach, raw beets, watercress salad and water pepper sauce. Walk barefoot in the fields and do not be in fear of catching cold, as colds in this case will act upon the bowels and arrest the progress of the disease.

### AUGUST.

August has come and with it the height of the summer season, reminding us of the great opportunities before us of serving God in the woods, the mountains, and on the seashore.

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Whatever the locality in which we live produces, that is the foodstuff of the season. Prepare mostly what requires no cooking. Even sunbaked biscuits will prove more wholesome than ovenbaked bread.

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August is the month for cold lunches and raw foods, with little or no drinking, as the fruits and vegetables now in season contain from sixty to ninety-five per cent of water distilled by a process known only to Nature and her Creator.

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Abstain from water. When thirsty and desirous of a cooling drink take lemon, grape or orange juice, two tablespoonfuls to every glass of water.

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When working hard, whether in or outdoors, it will be well for you to keep an earthenware vessel filled with well-strained water, adding a cupful of wheat, oatmeal or Indian cornmeal to each quart of water. Such a drink will quench the thirst and prove a food at the same time.

Let him who suffers from consumption, catarrh, hay fever or bronchial trouble bury his body in the hot sand for an hour with a green umbrella to shade his head, and sponge his body thereafter with boiled vinegar. Keep this up daily for ten days and every other day thereafter until the month is passed.

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Whenever you contract a cold or cramp due to excessive use of ice water or ice creams, take a cup of strong ginger-tea or its equivalent in ginger-root.

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Brown sand is most effective this month, take a pinch of it on an empty stomach.

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In the morning the body should be powdered with washing soda, bicarbonate of soda, borax or sulphur to insure good skin action, a pure tint and refreshing fragrance.

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A plunge in cold water or a cold sponge bath in the early morning is the best thing one can do to become immune from hay fever or asthma, and to prevent colds and catarrh later in the season.

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Eat sour milk junket, buttermilk or sweet milk smoothed down with lemon juice ; vegetables in small quantities ; fruit with browned flower bread, or Jewish unleavened bread.

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Cocoa and chocolate as well as candies and sweets are not in season. The less oils and nuts we use at this season the better it will be for our health ; but fresh peanuts may be used in their raw state.

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You would better let milk alone unless you use juices of tart fruits to beat in with the milk to make a cool and refreshing drink.

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If milk is turned so as to make its sweetness uncertain you can't redeem it, and for that reason it is best to let that milk stand in an earthenware vessel until it thickens. Then you may eat it with small potatoes cooked in their skins with the necessary amount of caraway, fennel or celery seeds.

There should be less butter used this month and no eggs whatsoever, while fermented cheese should be rejected.

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Wild mustard leaves, eaten before and after meals, alternated with mint leaves, will cure stomach troubles and chronic hiccough.

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Wild rose blossoms, eaten before and after meals, will clear the blood and give a fine complexion, as well as a healthy tint to the skin.

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Pansy, buttercup, sorrel and mustard leaves used as a salad will prove very beneficial in generative disorders and will also correct habits.

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Whatever fruit or vegetable you eat, remember that when making a meal of either you should always finish up with a crust of bread or hard tack.

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Do not drink with fruits, not even with vegetables, unless it be a thimbleful of black coffee or a cup of hot ginger tea.

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Rheumatics and consumptives should not let August pass without giving the white grape cure a test. With soft boiled eggs and whole-meal wafers, and muffins and bread on the side, a cure may be accomplished in three weeks. Eat grapes on an empty stomach when hungry, and the last thing at night. In case you grow tired of grapes after a few days, stop eating anything for a day or two. Take a pinch of powdered egg, sea or crab shells three to five times a day. The second day take a tablespoonful of fresh pineapple juice on an empty stomach, and if a desire for grapes does not return, continue with shells until hunger becomes great enough to eat grapes. Do not swallow the skins or seeds.

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White grapes eaten in moderate quantities during this month, in addition to long walks in hot sands, will prove beneficial to rheumatics and those suffering from dropsical affections.

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When diarrhoetic because of too much fruit use a table-



spoonful of cornflour. You will not get cramps or diarrhœa from eating fruits if you will eat biscuits or bread with them.

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Fruits may be spiced but not sugared, and they may be eaten with cream but not with milk.

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Of fruits eat more than one kind. If one is pulpy the other must be juicy to bring about assimilation.

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With vegetables the same rule holds good. If one is fibrous or mealy the other must be juicy so as to prove cooling and nourishing

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Lemons should be used daily. Never use vinegar internally. Whenever you crave something tart and salty take the juice of one lemon and a saltspoonful of salt, beat it thoroughly and take either a teaspoonful at short intervals, or take the whole amount at once.

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Well ripened gooseberries will prove an excellent liver tonic. Do not mix them with other fruit at the same meal, and do not use buttermilk with them.

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Water-melon will drive out epilepsy and yellow fever.

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An unfailing remedy for constipation is the daily use of half-ripe Indian corn or sweet-corn. Increase the quantity with each successive day until on the tenth day you fairly live upon corn. Then gradually decrease the quantity, adding other vegetables that may suit your taste. The corn may also be put into boiling water for half a minute with good results.

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Use carrots, turnips and beets in their raw state only.

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Boil your potatoes with caraway, dill, fennel, or any other aromatic seeds. Be sure you pour off the first water of greens as soon as it has come to the boiling point, and finish cooking them in fresh water.

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Wheat rolls, muffins, scones and corn-cakes are in season, but abstain entirely from butter, cheese and sweet milk while



eggs should be stored in jars filled with salt, but not eaten, for they are not in season.

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Now is the time for the sufferer from private diseases to demonstrate the kindness of mother Nature. Make a bandage shaped like the letter T and place fresh mint up the small of the back and over the abdomen just over the navel and liberally over the privates. Also chew a leaf of mint regularly every hour, or keep a leaf of mint upon the tongue until it becomes tasteless, when you replace it by a fresh one. The bandage is simply to keep the leaves in place. Keep up this treatment for twenty-seven days.

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Heat and climate will effect the hair in a twofold manner, and although growing more rapidly the scalp will turn dry and the hair will break and fall out. It is well to pay some attention to the hair at this season in particular. A pinch of salt and a pinch of sulphur, finely ground and rubbed into the scalp daily for two or three weeks, will aid nature in restoring its normal operation, insuring a luxurious growth of hair.

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Where the hair begins to get thin and has lost its lustre or life, use the following preparation two or three times daily, one teaspoonful to be rubbed into the scalp and on the hair. One-half ounce of quinine, eight ounces of fluid extract of colocynth, one-half ounce of kerosene, six ounces of rain water or distilled water. The juice of two lemons added to this preparation will help to remove dandruff.

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Take advantage of the opportunity offered by mother Nature. Remove your shoes as you walk the face of the earth. Take to the dusty and sandy roads. Walk until the feet seem to burn and only for a moment step aside into the shade, returning again where the sands hold the sun's heat. Walking for an hour in this way will eliminate more morbid matter from the system than all the observations of a strict diet.

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This is the month of dry throat, catarrhal troubles, rising of mucus and phlegm, and hawking and hay fevers. All of these

troubles are due to the sensitive membranous lining and a consequently pampered stomach encouraged by readily growing appetites, which are ruinous to the acidulous compartment of the stomach. With the advance of the season, and the unwholesome food used the alkaline compartment of the stomach becomes overtaxed, and in the attempt to throw off accumulated acids foreign to its process, the membranous lining becomes affected, inducing fevers irritating to the general functional operations, particularly the porous system, exposing it to irregularities inducing discomforts. It becomes necessary not to drink any water. Sponge the body with a solution of bicarbonate of soda, one tablespoonful of bicarbonate of soda to a quart of cold water ; sponge the body three times a day ; after sponging take internally a tablespoonful of shaved ice with a drop of essence of peppermint or three bruised leaves of fresh peppermint. Anoint the abdomen, the small of the back, and the chest with equal parts of camphor oil and oil of eucalyptus, adding three drops of Peru balsam and five drops of oil of sassafras to each tablespoonful of the mixture. Eat very sparingly and only after a sponge bath, taking your meals while barefoot, clad only in loose, light clothing. Sleep in fresh-mown hay, drink hay tea, and immediately afterwards swab the nostrils with salted brandy ; these measures will hasten a cure considerably. After a bath of hot hay-water, rub the body with salted brandy and powder with saleratus. When wearing shoes and stockings, every day put a teaspoonful of fresh powdered sulphur into a pair of clean stockings. Remain out of doors as much as possible and breathe out a great deal. Resist every irritation inducing coughing, never yield ; rather empty the lungs, arrest all breath action thereafter and swab the nostrils with salted brandy ; if needs be, even draw up into the nostrils a few drops of the salted brandy.

## AUTUMN.

### SEPTEMBER.

September, the month of colours in fruits and leaves ; the month of juicy vegetables and fruits.

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Appetite and sympathy are two great social evils encouraging unequal distribution.

Appetite is a disease of the mind while hunger is an organic necessity.

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A hungry man assimilates food more readily because of the greater need for functional operation, while the man of appetite, not in need of food, but merely delighting in tasty things, has troubles organic and assimilative.

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We would rather instruct man how to live to keep within the straight path of eternal enjoyment than to be going about pulling him out of the gutter, merely to leave him resting by the roadside like a tombstone suggesting the decaying bones of mouldering graves.

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It is greater delight by far to sit down to a delicious meal than to be confined to using medicines. Prepare foods according to natural laws and medicine will become the bugaboo of bygone days.

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With September another one of the many opportunities of life is offered for reclaiming our body, the temple of the living God. Although the crop of our health may have proven a failure, let us not be discouraged at this time. Let us try once more; one more step may be enough to insure what appertains to our birth-right.

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Use no tinned or package goods this month. Have fresh flour, fresh sweet-corn, fresh cereals. Don't live in a paper package all the year round. Remember, "Each season brings forth its own kind." Package goods are not the product of the season, but the outgrowth of convenient laziness, due to our insufficient knowledge of the value of foods. Foods prepared fresh daily are far more nutritious than those that are often stored for weeks or months or even years.

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When fasting, even though it be but for a day, be sure that you take a good hot bath, a rub and a warm oil injection, as the object of fasting is to aid nature and at the same time to rid oneself of any and every undesirable accumulation.



The early mornings are snappy, refreshing and very invigorating. Do not miss this opportunity. Go out barefoot and lightly clad ; walk rapidly for twenty minutes. If you can take a cold dip before your walk, all the better. Fresh assorted fruits, a piece of bread and a cup of good coffee will do nicely for your first meal.

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When you don't know what ails you, take an egg, break it into a bowl which has been rubbed with garlic, and add a teaspoonful of olive oil and several dashes of cayenne pepper. Now pour a cupful of boiling water over it all. Sip it while hot. In case of hunger add a slice or two of dry bread, sprinkled with cayenne pepper and a dish of green pepper salad served with lemon juice.

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Those in health need no spices, condiments or aromatics, but may eat all the vegetables and fruits just as furnished by Nature's culinary department.

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The proper selection of food is only possible to the man free from appetite and guided by hunger. He is the only free agent able to determine food conducive to health.

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Do not use bottled or tinned goods when Nature provides you with the fresh article. Only when preparing your own food does the psychological law enter that encourages the eradication of your troubles.

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Have you gathered your wild roses, barks, leaves, herbs and roots in their season ? If not, remember the place to get them in case of emergency, for the tempter is ever lurking to play a trick on you when you least expect it. At any rate confine yourself to a fruit diet for a season and keep the vegetables for some future day and after the autumn leaves have fallen. Use no mineral or charged waters while fruits are still on vine and tree.

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In case of overeating of fruits, use drip coffee or tea without sugar or cream.

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Eat fruits while the season lasts and do not drink water,



for the latter at this season is stale and lifeless. Use the distilled water of nature as offered in the golden fruits.

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Eat fruits, and plenty of them, this month. Particularly peaches, plums, apricots and other stone fruits, if costive. Always counteract stone fruits with seedy fruits to obtain certain and good results.

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All fruits must be used in their natural state, not cooked, baked or dried. Do not use sugar, although you may have rich cream. When fruit is to be used as a meal eat with it a little cereal or a crust of bread.

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Use the juice only of juicy fruits to make them of medicinal value. Those not so juicy should be eaten in bits.

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Invalids should peel or skin all the fruits eaten by them if the best results are to be obtained from a fruit diet, particularly where the bowels should move more regularly and the system needs a general tonic.

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If you have baked apples with cream, forget not to spice them sparingly with cinnamon and nutmeg.

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Butter beaten with honey makes a fine skin food, especially after a bath at night. It makes the skin velvety, pure and sweet-smelling.

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During this month honey is for him who suffers from kidney and bladder troubles. Have all the honey and bread you can eat at a meal. In fact make a meal of it. After a meal, take a tablespoonful of clear lemon juice.

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The scalp is treated best with a wash of salt brine, and touched up with the finger-tips dipped in kerosene. The hair itself should be oiled at night with a little petrolatum liquidum and brushed with military brushes until perfectly oily and smooth. In the morning the hair may be washed with water softened with a little borax and a few drops of kerosene to a little water. The less water used the less kerosene should be added.

As long as warm weather continues just so long beware of fermented cheese and bread. True, coffee helps to remove the fermentative, but not enough to keep you in good health. If you must have cheese, use only the fresh kinds and season them freely with caraway, while the bread must be well toasted. Otherwise use unfermented bread or sun-baked biscuits. Still it is better not to use bread as long as the supply of fresh sweet-corn holds out.

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Cottage cheese only and that prepared with cream, tomatoes, onions, chives, wild mustard leaves, or aromatic seeds, is in season.

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Lemons will prove of inestimable value to all sufferers from scrofulous and skin diseases during this month. Eat the lemons as you would an apple. Begin with one lemon a day and continue until you can take nine of them, and then gradually diminish the number as you are growing better.

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Persimmons, pomegranates, figs and oranges are for catarrhal people and consumptives.

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Fruits slowly masticated are by far better laxatives than the best medication.

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In case of griping and pain, use strong ginger tea made from ginger fruit or root, or take half a teaspoonful of mustard seeds.

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For lung troubles and asthma use Tokay grapes of a *light red* colour. Finish your meal with rice cakes sweetened with honey.

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Catarrhal people, whether it is stomach, throat or nasal catarrh, will do best to abstain from grapes, but should use persimmons, pomegranates, figs and oranges.

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A selection of two or three acid fruits in addition to grapes will cure liver troubles and costiveness. Use apricots, peaches, pears, plums, figs and apples.

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Rheumatic people should use two or three different kinds of grapes with each meal during the whole autumn season.

For skin troubles, eczema or salt rheum you will find the *blue* grapes of inestimable value. Always finish your meal with milk toast.

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All people with liver and kidney troubles should eat plenty of *white* grapes twice a day and make a small meal on cereals.

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*White* grapes will do much toward eliminating skin troubles. Use only the juice of the grapes and eat two or more stone fruits to make a meal.

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Indigestion, dyspepsia and stomach troubles in general will find a cure in the use of *white* grapes taken on an empty stomach three times a day. Also use cream freely with other fruits. Eat very little bread, and that dipped into boiled olive oil, well sprinkled with cayenne pepper.

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*White* grape juice with a dash of vanilla, cinnamon, mace or lemon, will eliminate uric acid and gravel, tone the kidneys, and strengthen the urethra.

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Is your liver swollen and does the uric acid trouble your tissues by day and by night in the form of rheumatism, gout or neuralgia? If so, then confine yourself to the use of *white* grapes while the season lasts. Eat them in the early morning, eat them when thirsty or hungry until late at night, finishing your grape meal with a little honey bread, ginger or molasses cakes. Seeds and skins should not be eaten.

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Grapes and oranges do not go well together. Leave oranges for a more convenient time, after the grapes have been gathered from the vines.

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Vegetables of a higher order are now in season, but remember that pumpkins, squashes, melons, cucumbers and all the different species of gourds call for stimulants, tea or black coffee; that is, where gourds are used exclusively.

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All cooked or baked vegetables should be prepared with aromatic seeds to insure medicinal and curative value.

Cucumbers eaten daily and the body rubbed with them until the cucumber is dry and the skin feels oily, will insure perfect skin action and a tint as clear as that of a healthy baby. This method should be followed daily for a month.

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Eat cucumbers with cayenne pepper or curry to insure a clear complexion and to cure a swollen liver.

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Unprepared cucumbers are excellent for weak kidneys. The peelings thrown into the bath will prove invigorating, while the juice of cucumber will clear the skin and preserve its beauty if slices of raw potatoes are rubbed over the skin.

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The month of water-melons and cucumbers for those whose liver is torpid and the duodenum fatty. Finish up your meal of water-melon or cucumber with a crust of bread and a demitasse of Mocha coffee.

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Freshly ground horse-radish with as much cream as it will absorb relieves digestive derangements quickly. Mustard and cream also will tone up the system.

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Water-melons for drink and green sweet-corn for food will prove the most excellent of remedies for rheumatism and liver troubles.

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Water-melons, musk-melons, squashes, and pumpkins need a dash of nutmeg, mace or curry. Eaten daily in fairly good quantities, and abstaining from water for three weeks, all ordinary troubles may be most effectually conquered, even constipation and piles may be successfully removed.

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Butter and honey spread on unfermented bread or green sweet-corn, eaten once a day for three weeks, will prove an excellent tonic and a curative to inflamed membranes.

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Carrots, turnips and red beets, raw and finely grated, adding fennel or dill seeds to the dish, will be found to be an excellent remedy for diabetes. Use absolutely no cereal except flaked rice.



Bananas and rice, either raw or baked, make an excellent food at this season.

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The best cereal at this time of the year is freshly-ground whole wheat. Sprinkle one cupful of the meal into four cupfuls of boiling water in a double boiler, and allow it to cook for ten or fifteen minutes, also adding a little olive oil or nut meal. When eaten with cream this makes a better and more wholesome dish than any of the package goods found in the market.

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During September the body, particularly the more delicate parts, need to be massaged, rubbed and oiled. Cold water should be used either as a douche or for sponging. A towel should be used merely to take up the water, then rub with the hands until thoroughly dry. Then an equal quantity of almond oil and lemon juice should be rubbed over the body, and lastly well salted brandy. A towel may be used to finish up the rubbing. Invalids should go through this little exercise religiously for three consecutive nights and then every other night for nine nights, then again for three successive nights. However stubborn and of long standing a disease may have been it will yield and ere another season approaches sickness will be a thing of the past. The vigorous and healthy may take this exercise once or twice a week whenever taking a hot bath. Keep the bowels regular and, if need be, resort to colon flushings, and inject one or two tablespoonfuls of warm almond oil into the rectum after the internal bath. Warm oil injections alone will prove of great value to those who are irregular only at times.

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Air the body much and often. Begin to use teas of all kinds inducing light perspiration. Rub the body with a wet towel and slap every part of your being until aglow, then sprinkle the body from right to left with cold water, beginning with the head. Sprinkle here and there until you get to the right then to the left foot. Now take a piece of linen cloth, fold it up and dip it in cold water, wring it out a little so it will not drip, and bandage it lightly around your left ankle ; then go to bed with thanksgiving in your heart paying attention to the cross breath for one minute and lastly

breathe out longer than you inhale until you fall asleep. Follow this little religious routine every night for twenty-seven nights, and you will be in the same state as the earth after a good ploughing—ready to receive the seeds of kindness. Health will grow upon you day by day. Listen to the promptings of the still, small voice from the realms of Mazda, and rejoice in the revelations that will be brought to you spontaneously and as occasions may demand.

### OCTOBER.

October, the month of plenty.

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All nature abounds with abundance in products, while man rejoices in untold blessings.

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If you want good and quick results from the use of your food, first take a hot foot bath and then eat.

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Now is the time to use eucalyptus leaves or bark in your bath water, or use one teaspoonful of oil of eucalyptus to half a bath-tubful of water.

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A cup of Mocha and Java will fill in nicely and aid digestion. Living absolutely wrong, coffee must be discarded and baby food used instead.

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It may seem strange, but nevertheless it is true, that as the nearest way to a man's heart is through his stomach, so the appeal to reason has to go through the gastronomic organ. No wonder the Master said "Their belly is their god."

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An occasional fast, the proper selection of food, reasonable attention to alvine calls, and obedience to renal functions, as well as lightness of underwear, a happy mood, a song and a smile, accompanied by a glad hand for everybody will keep one in health; let him who lacks health follow this rule for a year and he can be assured of reaching perfection.

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If chilled eat chipped or shaved ice in small quantities until you feel a glow that no longer considers wind or cold.

Whenever the least touch of cold or catarrh shows itself stop eating and drinking for a day, but see to it that the bowels act freely, and if they do not, use mild cathartics like figs, prunes and St. John's bread boiled to a syrup, of which drink you may take fair quantities.

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If you suffer from cold feet or hands rub them frequently with ice or bathe them in ice water, and refrain from tea and coffee.

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You have cold feet? Well then stop drinking before, with, and after meals, now that you use juicy fruits and vegetables. When retiring to bed take a hot and then a cold footbath, alternating half a dozen times in succession; pound the soles of your feet with a military brush for five minutes and very rapidly so that it almost takes your breath, and then slip under covers at once. Keep this up for ten days and, as a rule, you will no longer suffer with cold feet.

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To remove blemishes, sores, warts, etc., apply coal tar on a piece of linen cloth. Bathe the affected parts daily with hot soap suds containing ten drops of ammonia to a pint of water. Keep persistently at it for a few days and you will marvel at results.

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By the smell of the tap one can tell the contents of the barrel, and by the odour from a man's vocal regions it is possible to determine the contents of his tabernacle, and their state as well as the condition of his mind. Remember that the body is the temple of the living God. Let us consider what enters therein, for as you call unto the woods so the echo will return; and in accordance with conditions the effects of the food we have eaten will return with added force, whether for good or for evil.

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People troubled with catarrh will find it to their advantage to avoid boiled and fried foods, but they may use baked wares.

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There is no need of having rheumatism or consumption. Give up salt and spices in general. Avoid stimulants and fresh bread. Do away with butter and oils for nine months. Keep the



bowels open and the skin active by rubbing it with oil and then washing it with good soap.

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A slice of wholesome bread and a draught of grape juice will prove to be the ambrosia of the heavens and the nectar of the gods, and the benefit thereof can be realised only by him whose mind has turned to the recognition of the life of simplicity as one of the greatest factors unto happiness.

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It is for us to select the food most congenial to our nature. We shall have no trouble in finding out the food good for us if we adhere to this principle ; eat only when hungry.

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If suffering from constipation, torpid liver, or kidney complications, make it a business to walk barefoot about the house for half an hour in the morning. Either immediately thereafter or later in the day eat two bananas baked in their skins, and drink half a cupful of cream containing just a little hot French drip coffee. Use less and less coffee until you can take the cream alone. The cup should always be heated whether coffee is used or just the cream alone. The cream is to be poured into the hot cup first and then the hot coffee. Use no sugar.

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The world in general, the thinking as well as the unthinking, recognise that we all eat too much, and in consequence thereof suffer untold diseases. But like the prodigal son, they are content with making resolutions while suffering, but never get away from the root of all evils until reduced to absolute necessity. Then they want to go home to glory, and even then they are afraid the Father is liable to meet them half-way to receive them.

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Do not change your summer underwear to heavier garments. Wear the same weight of underwear and stockings all the year round and you will be less liable to colds, catarrh, pneumonia and even neuralgic troubles. When uncomfortable throw an extra cover over your body, either in the form of an overcoat or a shawl, but take care not to bundle your neck. The neck must be free to allow circulation of the air.



What fabric of underwear do we prescribe ? To tell the truth we do not favour any ; but if you think you ought to have underwear just to please your inherited notions, then it depends largely upon the temperament or the basic principle of your being. If intellectually or mentally based you may have silk underwear ; if spiritually or morally based, you need lisle, balbriggan or mercerised garments, as physically based you should have linen if you want to keep well and never be exposed ; and if inclined to gout or rheumatism, you may use woollen garments.

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Hot baths and thereafter a very light meal of highly aromatic fruits or vegetables, just enough to still the first symptoms of hunger, light breathing exercises, sweet associationship and the recitation of heartfelt prayers, will give to the skin a healthy, youthful glow and eliminate all physical as well as mental ailments.

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Get some freshly mown hay and pour a quart of boiling water over a handful of this hay. Throw a cloth over your head and placing your face close over the dish containing the hay, breathe in the steam. Breathe until your nostrils dilate and you feel a cutting sensation in your head and tears roll down your cheeks. Continue this treatment for from three to five minutes, repeating it several times a day. As a rule you will be cured of the malady the first day. This simple remedy is excellent in asthmatic attacks and if continued for a few days will cure it, especially if change of diet accompanies the treatment and a blotter saturated with oil of eucalyptus is worn on the chest and upon the soles of the feet.

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The really advanced and truly educated men in the medical world have all agreed, from time immemorial, that the prevention of disease is a higher achievement, by far, than the cure of a malady. We are to have sense enough not to get sick. So as not to become sick we must be honest enough to remain within the boundary lines of physical and mental laws.

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Ginger tea and small quantities of ginger are now in order where fruits are used for daily foods.

Teas in general are now in season, but do not use sugar. If you desire to retain the flavour of the tea, which flavour is the essence and spirit of the tea, you should pour just a little water on the tea leaves to have them uncoil, and a few minutes later pour over the desired amount of hot water and serve immediately. Do not add hot water the second time. For the sake of economy you may dry the leaves after using, and put them in your bath tub where they will prove a tonic for the skin and will beautify its texture.

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Be sure you have a goodly portion of herbs stacked away in your medicine chest. Not that you will need it, but just to keep the "wolf of impositions" from your door. It is well to talk health, but we should not forget to have the simple means at our command in case of emergency. Always remember that a standing army insures peace to its country.

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Soups and gruels are now in order, but use plenty of the fruits now in season ; vegetables are no longer of particular value except in soups, loaves, symposia and salads. Potatoes should be boiled with their skins, adding dill and celery seeds to the water. All the potatoes left over may be peeled and fried in a little oil. Do not slice them in very small pieces, as fried potatoes are best the less they are touched or cut with the knife. It is better to use a wooden knife.

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Use fruits and vegetables in season and in their raw state ; and not until the nights grow cool and the early mornings turn cold, may we resort to cooking, baking, and frying.

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Not sugar but spices go with fruit ; and not salts but savoury herbs should be used with vegetables, when partaken of for their medicinal value.

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Under no circumstances dare you eat jams, jellies, marmalades and tinned fruits and juices at this season ; if you do you will feel the consequences almost immediately.

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What we call perishable fruits and vegetables in season, are those that will not keep any length of time unless refrigerated,

and for this reason they should be eaten now, and eat plenty of them. In fact, so much should be eaten to keep them from going to waste that by the time December comes we can be thankful that the hardships of the ordeal of a bountiful autumn is at an end, and we can discontinue packing away perishables, and begin to look forward to the so-called substantial dishes that demand more attention, ingenuity and scientific knowledge in preparing them.

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Eat the fresh fruits as long as they are to be gotten. The same is true of vegetables in season.

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Eat juicy fruits and crisp vegetables instead of using distilled or charged waters if you wish to bring about a perfect cure.

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The reason fruits disagree with you is because you do not eat them right. In the first place *two* kinds of fruits at a time are required in your case. Next you should eat your fruits with bread and butter. And again, don't you dare drink anything unless it be a demi-tasse of hot, black coffee, made à la drip.

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Eat apples and grapes and plenty of them, and that you may not grow tired and weary of them during the next six weeks, take with them a piece of bread, like corn bread, rye bread, wheat bread or their equivalents.

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Apples to be good must be just a trifle tart and also mealy, yet juicy and of a fine flavour, while grapes must be tasty.

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For general debility and physical exhaustion use grated apple with a pinch of nutmeg.

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Lemons correct heart trouble, break fevers, cure dyspepsia and indigestion

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Is your stomach going back on you? Does it cause you trouble? Then confine yourself for several days to one raw white of egg in the morning, another in the evening, and in the meantime still your hunger with white grapes. Eat little at a time but often, or as often as you feel inclined. After a few days you will



feel well again, but do not return to your table d'hôte at once ; just add a dish daily, still making grapes your principal food.

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Well ripened pears with sweet cream will act on the kidneys, until with delight your face will beam ; but fruits with some will not agree, thus take to melons and be free.

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Bananas are still good but should not be eaten with cream at this season. The best way to use them is sliced and soaked in Valencia orange juice.

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Fresh peanuts eaten raw (skins removed by drying the peanuts) with plums, apples and pomegranates, will eradicate catarrh.

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The catarrhal person, whether it be stomach, throat or nasal catarrh, should use no grapes whatsoever, neither any dishes containing grapes, raisins or currants.

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Persimmons are coming in. Eat one before each meal and take care not to use any water in preparing your dishes. Five weeks of conscientious observation will suffice to set stomach and spleen aright.

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Pomegranates are the ideal fruit to tone up an entirely run down constitution. Take the juice of two or three pomegranates at a time, and satisfy your hunger with an exceptionally small amount of food. Use absolutely no bread, although cereals are permissible.

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The use of ripe figs for the first course of meals, and continued for a month will cure bladder and kidney troubles. Eggs must be discarded from our menu for nine weeks.

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Turnips go well with beans and rye bread, but if they are to act on kidneys use cabbage with them, and peas or aubergine instead of cabbage.

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Pumpkins and squashes are particularly of value when cooked in butter and their own juice, or baked in an oven. They



are excellent eliminators when combined with raw cabbage salad or grated red beets.

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Aubergine (eggplant) and salsify will be found to be excellent foods for those affected with nervousness and kidney trouble.

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Vegetables are too heavy for you because you prepare them in water instead of cooking them in their own juice with additional oils or butter. Some vegetables should not be boiled ; because of too much starch they should be baked and thus change them into dextrinous foods.

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Some people do not seem to thrive as well as they should even after they have *done* for themselves. Of course they *do* for themselves and they *do* to others what they should not have *done*, and consequently something that was left *undone* and *done* must be *done* and *undone*. What is it? When in company let others do the gossiping while you relax the tongue until the tip thereof touches the lower set of teeth. This necessarily throws out your chin a little, which gives you an air of independence, at the same time eradicating all wrinkles and that double chin. Now that you are on the defensive you are also positive, while even the strongest arguments on the other side turn negative. The air is thus being purified for you to breathe with ease. Now that the tongue is relaxed, turn the tip up to the roof of the mouth, along the roof, farther and farther toward the throat, as if attempting to swallow the tongue. Try to do the swallowing *on the breath* and when exhaling arrest the action of the tongue. This exercise, after a few minutes, will prove a means of curing all nervous troubles, effecting the cure of the stomach and the liver, at the same time assuring a clear mind.

### NOVEMBER.

Food eaten with thankfulness of heart will prove wholesome and there is less danger of overeating.

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Wherever you are remember that the weight of underwear is not to be changed. With the advance of cold weather, simply add more upper garments.

Going out in the early morning when cold and damp, it is well to take a few drops of Vermouth in grape juice or hot water. Keep the mouth closed and remain relaxed, at least while you walk about half a mile.

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With the beginning of cold weather cold sponge baths in a warm room are advisable, followed by dashes of cold water to the principal parts of the body. A mouthful of cold water should be taken during the procedure of sponging. The water should be held in the mouth for a while before swallowing. It will assist the bath greatly and improve skin activity. In the morning and also upon retiring a few swallows of cold water should be taken.

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It is not well to sleep in a warm room, but additional blankets are advisable when you sleep in a cold room, as the body must be comfortable, but the face and neck should be exposed so that you may breathe with ease.

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A brisk walk of a mile or two in snappy weather will do more toward arousing the circulation and improving the complexion than anything we can compound in our laboratory.

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A hot bath will prove more efficacious to health than a hot meal. If you crave something heating, use chile-seasoned olive oil with your dishes and little by little you will grow away from fired dishes until eighty-five per cent. of your food will be raw, which will save you much labour and add to good health.

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In catarrhal and bronchial troubles attended by cold, take exceptionally hot baths and use one tablespoonful of liquoriced gin as often as a spell of coughing comes on, or every hour. Two ounces of well-broken liquorice dissolved in a pint of gin. Do not forget to *butterise your stomach*.

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In case of catarrh attended by a cough, place your feet into a pan and pour cold water on them slowly, until within ten minutes the feet are covered with water up to the ankles. Thereafter take linseed tea made as follows : Three tablespoonfuls of linseed allowed to boil for ten minutes in two cupfuls boiling water. Strain into

a cup containing an ounce of browned loaf sugar or rock candy, and the juice of one lightly baked lemon.

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Headache again? Don't worry. Keep your temper. Keep your sense. Just dip a folded towel in hot water, hold it to the anus in a relaxed state, with knees close to the abdomen, apply the hot towel for three minutes; then apply a hot towel to the forehead, and another to the back of the neck; alternate for three minutes, or put one cloth on the head and another on the neck. This is equal to grabbing the adversary by the neck, for if there is anything he hates it is hot water, and in certain cases he flees from cold water. Water made holy through right application drives away evil influences.

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Prayers before meals or the saying of *grace*, and thus blessing the food, was an observance current among Mazdaznan and Zoroastrians proper, to prepare the organs of the body by virtue of a mind well centred toward proper eating, mastication and digestion, thus aiding the functions of absorption, and thereby keeping in communion with the soul, the spirit and the fravashis of life. The purpose of thanksgiving after meals was to satisfy the ever craving and possibly the appetite creating functions with good thought, word and deed followed by the exercise of thought over matter. The result proves most satisfactory and creates faculties of hunger that never crave dainty foods of artifice, but desire only plain, substantial food requiring little preparation and less cooking. What a boon to the house-wife, and what a rest to the weary physician.

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Man is still passing through an experimental stage, be it that of the intellectual, spiritual or physical functions. Appertaining to the physical side, his health remains the topic of discussion and study. So vital is the question of health that most tribes and nations embody the health question in most of their salutations, and where the greeting is otherwise, invariably thereafter all conversation hinges on the mutual exchange of health news. To gain and retain health will continue to be our problem. Those who have health may at any unforeseen moment lose it, while those



who have no health in them may through very simple means obtain it. All our studies tend in the direction of absolute simplicity in method and means. The path to health is that of the simple life. Those who prefer riotous living will have to go in a roundabout way to find relief, for health will never come ; all they gain is the means to stay the inevitable a little longer, while misery is their lot ; and if there is no misery to demand justice for their riotous living, Death comes to demand his pay.

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Tea is in season, particularly green tea ; coffee comes a little later. If you do not think this is true, note the dull aches and pains in the head, back of neck and bowels when you do not keep to the rule.

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For constipation nothing is better than a diet for several weeks and even months if an absolute cure is desired. Raw cereals in moderate quantities, soft boiled eggs, macerated spinach with oil and lemon, very small quantities of unfermented bread, grated apple with juice of orange and cream, and baked bananas and cream, will prove most effective. For drinks it is best to confine oneself at this particular season to cereal coffee in small quantities, such coffee containing wheat and barley. Or make a hot rye and barley drink, preparing it as you would a tea. Use hop tea, raisin tea, fig and date syrup, raw prunes or prune water. Use all drinks cold. Abstain from spices and salt for a month.

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Cancerous and scrofulous people, at this season of the year, should use the different varieties of sorrel, mustard greens, water-cress, water-pepper, green pepper, and confine themselves to the fruits of the season, particularly white grapes, and try to eat two raw eggs a day. In case of open sores apply raw eggs to the place two or three times a day, always bathing the affected parts with water-pepper tea as hot as can be borne.

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Nuts and oils are in season and butter should be clarified before using. To clarify butter an earthenware vessel should be used, the butter brought slowly to the heating point and all the foam



skimmed off. When it is clear put it in porcelain jars, this will keep through the season. This clarified butter is excellent in all digestive troubles, and will cure catarrh, bronchitis, coughs, colds, etc., when used freely with fruit and fruit juices. In fact what sour milk junket and whey are to the intestines, removing bacilli, clarified butter is to the organs in general, removing disease germs.

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Butterise your stomach with *clarified butter* ; eat plenty of scraped or grated apples, using cereals sparingly for a few weeks, and your organic troubles will disappear like chaff before the wind. With the changes of the moon make your change of diet, and at every new moon during this season *butterise your stomach* for three to nine days according to temperament. The physically based three days ; the spiritually based six days ; the intellectually based nine days.

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Raw peanuts with figs will move the bowels, and blanched almonds with grapes our nerves will assist, while chestnuts with prunes will stop all growls, and pine kernels with apples all colds resist.

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Think of your grated apples with orange juice, your glass of cream with lemon, a bowl of fresh rolled wheat or coarsely ground wheat made into gruel, and be happy.

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As long as fresh fruits are available, use them. When out of season use fruits that are not so perishable, and when these are not procurable, resort to dry fruits. The same rule is to be applied to vegetables.

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Even dried fruits should not be stewed, but rather ground and eaten with cereals or used for making drinks.

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Dried fruits, finely ground, and mixed with finely ground raw peanuts, added to our breakfast cereals will prove not only a mild laxative, but will regulate the heat so as to keep one comfortable through the severity of weather during the daytime and the cold nights.

Two or three kinds of dried fruits, finely ground and made into a hot drink à la French drip, will prove most delicious, very refreshing, purifying the blood and it will prove to be one of the best remedies to assist the stomach, liver and kidneys toward a final cure.

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Do not forget that cranberries are in season. Use them freely in sauces. They are one of the best blood tonics we have, and are excellent for warding off malaria and erysipelas.

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Eat cranberries, mashed, beaten and strained, or steamed in a little cider. Start your meal on them and refrain from water. Follow this course and by the end of the month there will be great rejoicing owing to the good health of the body. Once the organs become adjusted it will be easy to select the food suitable to one's temperament.

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Pomegranates should be used freely, as long as they are fit for use, by those of a nervous, active temperament. This holds good until February. Begin with them now, and take the clear juice before each meal for three weeks, thereafter using the juice but once a day, and always on an empty stomach. In this way nervousness may be entirely overcome ere winter comes upon us.

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"My poor tummy" many a dear one complains, and yet it need not be so, for persimmons, the Japanese kind, are here. Eat one before each meal. Eat a persimmon slowly and do not take another bite until the mouth is thoroughly insalivated. Digestion will improve daily, but care should be taken not to eat yeast bread during the treatment. Soda bread may be used, yet it is still better to use the cereal preparations that are free from fermentatives.

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Every now and then place yourself on clear grape diet for ten days if your assimilation is poor. Bottled grape juice won't do. Fresh grapes must be used and the juice pressed out fresh before each meal. Hot baths and oiling of the body may be necessary, particularly on cold or wet days. No other food should be

taken except bread and milk. Bread must be unfermented or well solarised and toasted in a slow oven or electric heater. One to three pounds of grapes a day will suffice, and in three weeks a decided improvement of condition will be apparent.

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Grated raw turnips eaten with Spanish onions daily for twenty-eight days will eradicate tumours and remove gravel. Use raw spinach and mustard leaves, or green peppers with the turnips.

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The best food for nervous, irritable and fidgety as well as ill-tempered people, is wheat soaked from four to six hours and placed in a sieve over a kettle of boiling water, allowing the wheat to steam for ten minutes. An ordinary portion of this wheat with a tablespoonful of blanched and ground almonds, a handful of raisins and a tablespoonful of skinned raw peanuts will prove an ideal meal. This diet continued for three weeks will show results more satisfactory than all the experiments that a pure food laboratory would be able to make in three years.

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Beans, pease and lentils, in their ripe state, are to be treated like grains, but will prove more wholesome if finely ground or flaked, as they will prove more nourishing when boiled quickly in this way.

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A cold at this season of the year is one of nature's means to rid the body of a few undesirable elements. Do nothing for it except to change underwear and bed linen daily. Take a hot foot bath and keep the bowels open, and nature will do the rest. To take a foot bath does not mean to simply put your feet into warm water and leave them there. No, you put your feet into comfortably warm water and keep adding hot and hotter water to it until it seems that you cannot keep them in the water any longer. In that case just take a long breath and exhale partly through the mouth. Exhale longer and more than you inhale, at the same time relaxing the body. You keep this up for ten minutes and then retire to your comfortable bed. Have no one attend to you ; do it all yourself. Therein lies the great secret of faith that gives us



confidence and the assurance of things unseen that will be brought to light as we work toward them and for them.

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Catarrh is not a cold. A cold never stays with one more than thirty-six hours if the general health is good. If you have catarrh then each cold simply annoys you instead of ridding the system of mucus. Colds come and go and are nothing but the means of nature to redeem the body. Catarrh is a chronic trouble and is due to stomach troubles, owing to the use of certain foods and drinks at improper times and inconsistent with one's organic make-up. In such a case it will be necessary to begin on short fasts and change one's diet frequently. Feet should be bathed before retiring, while the body should have a dry rubbing. Don't drink with your meals and abstain from dairy foods for a time. A catarrh is not cured over night. Relief may be brought instantaneously, but a cure is possible only where one goes through a rigid course of treatment.

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"If the feet are clean the whole body is clean." So said Jesus, and He was right. Feet and footwear play an important part in the well-being of man. We may pay attention to the corns and bunions, but that does not suffice ; in fact these foreign growths would not be if we had paid more attention to our footwear in general, as upon their proper care the circulation of the blood depends. All colds and stomach troubles are traceable directly to improper care of the feet, which means improper material used in stockings and shoes worn. It will amply repay us for the little trouble it may make us after having thoroughly rubbed the feet, to wrap them in silken or fine linen cloths and over them to wear ordinary summer-weight stockings. These foot-wrappers may be replaced by clean ones two or three times a day, or as often as one feels uncomfortable or distressed. When coming home the first thing we ought to attend to is our feet. Take off shoes, stockings and foot-wrappers. Give the feet a thorough rubbing, re-wrap them in clean cloths, put on stockings and slippers, or after a good rub one may remain barefoot as long as remaining in the house. After months of care of the feet these wrappers may be discarded and



stockings of a good thin fabric worn close to the skin, of course changing stockings several times a day, where a person is engaged in a business that takes him out of doors frequently, in all kinds of weather and in all kinds of places. Attention to the feet eradicates all the irritations of the membranes, cures catarrhs, even catarrh of the stomach, and with it removes indigestion, dyspepsia and prevents cancer from ever taking hold of one, even though the man be scrofulously born. These little attentions not only count, but they do spare one inconveniences. Besides, it is quite a recreation to attend to oneself with judgment and reason.

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Nervous diseases seem to increase as our methods of living become more artificial, living, as it were, in a paper packet. Instead of preparing our cereals fresh and as we need them, we procure them under the pretence of convenience in a pasteboard box, and where we should get the fruits and vegetables fresh in their own season, we consume them out of season from the tin can. To counteract the ill-effects of paper-bagged spoils, we have to resort to stimulants and narcotics, which only hasten to injure the functional parts of our anatomy, resulting in nervous diseases. The more we subsist on artificial foods and products out of season, all the more does the blood become impoverished, and lacking the necessary mineral elements, particularly sodium, calcium and magnesium, the stomach becomes out of order and with it all corresponding functions become lamed or paralysed. To prevent a disease of this nature from advancing, one must resort to plain, simple dishes, largely of fruits and vegetables in their fresh state, requiring no preparation through baking or cooking. Whole-wheat gruel, quickly cooked rice, raw spinach, lettuce, ground peas with ground blanched almonds, cucumbers, cauliflower, grated carrots, figs, plums, strawberries, apples, milk, butter, cheese and eggs should constitute the menu from which to select. Bread and cakes must be entirely discarded, so also spice, salt, flavours and condiments or appetisers in general. With all such dishes as require preparation through cooking, the rule is to be observed that fruits and vegetables must cook in their own juices, and where the juice does not suffice, use a little butter or add gradually a little milk or cream, while cereals like rice and ground

whole wheat may be sprinkled into boiling water and allowed to cook quickly. In addition cease to brood, but engage your mind with pleasant ideas, and give your body a thorough airing twice a day and resort to the utterance of prayers spoken on one breath or as long as you can breathe out, or until the words proceed only in a whisper.

## THE MEAT QUESTION.

“AND God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed ; to you it shall be for meat.”

Such is the advice given by mother Nature, and her language stands inscribed before us in the open book of nature that none may err therein. And still we will murmur against the manna, the bread from heaven, and long for the fleshpots of Egypt. We are not satisfied with the vegetation nature offers us ; in our greed and avarice we long for her very blood, her life.

Some people believe that animals were created for us to eat. For what, then, were we created ? They will attempt to justify their action by saying that according to the law of Moses we are allowed to eat of the animal kingdom. True, we are given allowances as we demand them, but remember that every act of injustice brings condemnation. Israel made the demand for fleshpots. Should it be denied them ? They received laws as a consequence. Did they keep them ? Israel demanded a king like unto other nations. “ Give them a king,” said the voice of God ; “ and it shall be unto their condemnation.” Think and reflect, remember ; you may demand but murmur not when condemnation comes, when sickness, sorrow and poverty enter your home—you reap what you have sown. And the voice from the realms of Mazda will descend upon your ears : “ The blood of thy brother beings cries out to heaven for justice.”

It is strange to hear people talk on humanitarianism, who are members of societies for the prevention of cruelty to children and animals, and who claim to be God-loving men and women, but who, nevertheless, encourage by their patronage the killing of animals merely to gratify the cravings of appetite.

Many seek to excuse themselves with the worn-out quotation that we belong to the carnivorous portion of the animal kingdom ; our teeth are supposed to prove it, &c. Because you have a tendency

to kill and eat animals is no more an excuse for you than the tendency to steal is recognised by the law as an excuse for theft. Even if man were created a carnivorous animal, is there no way for him to outgrow it as he becomes more intelligent? Moses tells us, "Thou shalt not kill," and by every law of God and nature we have no right to kill anything, be it man or beast.

Because certain animals live upon their prey is not proof that we have a right to eat them in turn, any more than a man has a right to prey upon his neighbours. The animal kingdom must be redeemed by the life of the higher and nobler species, not by eating the animals, but by loving them and recognising in them the reflection of our own ideas which, in their case, have not yet been completely developed.

Some people seem to think that if the animals were not eaten they would multiply so rapidly as to overrun the earth. Is it not true that the more beef there is consumed the more there is raised? These people do not seem to understand that there are men in the business who have made an effort to increase their stock by forced means. Let the cattle alone and they will not increase so rapidly when without human care.

For the sake of an appetite, which is a mental habit acquired by our abnormal desires, men will stuff themselves with foods not harmonious to their welfare, forcing their organic functions to do much more work than is actually needed, and then try to convince themselves that it is all right, that nothing is wrong. What is the difference between the drunken man in the gutter grunting, "I am all right," and the rich man lying in his easy chair groaning, "There is no pain; I am all right?" We would agree with the drunkard should he quote to the rich man, "It is better to be drunk with wine than swollen with sham piety; though I be drunk, I am better than thou art, for thou drinkest conscious blood, I merely the blood of wine. Be just and pronounce which of us twain is the more sanguinary."

Some people of an occult bent suggest to themselves that by eating the animals they redeem them from their lower conditions to a higher consciousness of evolution, thereby decreasing suffering. If this be true the same reason would justify the cannibal, according



to his understanding, in the eating of human flesh. Nature tells us plainly, through the mouth of the prophet Isaiah, that, "He that killeth an ox is as if he slew a man." Try as hard as you can to pacify your uneasy conscience, nothing will excuse the eating of animal flesh, and neither God nor prophet nor man will justify such actions as are contrary to the law of nature, which desires to uphold all things for the good of all.

The four kingdoms of substance are the elementary, mineral, vegetable and animal. The animal cell is the culmination of the evolutionary processes, and once having reached the highest development of conscious formation, the cell must disintegrate into the elementary or atomic, where, purified, it again and again takes up the ceaseless process of evolution into space governed by time. The fundamental principle of manifested life is the elementary, and having evolved through the mineral and the vegetable, we, to a very small degree, subsist upon the vegetable, still less upon the mineral, but largely through the breath, upon the elementary, upon which that to which we have attained depends for growth and expression.

The human being is merely one particular kind in the variety of the animal kingdom. The difference is no more than that between the other species of those we call lower in creation. When the idea of differentiation once dawns upon the mind we begin to recognise the responsibility of a position of superiority, and we are consequently expected to protect everything of an inferior kind, as the latter, by evolution and as a consequence of individual self, becomes like unto the idea expressed by and through our own individual being. The individual self-consciousness is the culmination of all the animal creation, and the destruction of the same is a violation against the collective thought of existence and is equal to a criminal offence, the just punishment of which would be the loss of the position attained by the criminal. Once we accomplish the process of cell formation from negative to positive activity, and transform the unconscious to the conscious and self-conscious we shall have grasped the law of self-preservation. To subsist upon the species we represent in sum and substance is not self-preservation, but destruction of the species into which we intend

to develop ; and instead of progressing we would merely perpetuate the lower order of animal existence with all of its animalistic tendencies and characteristics.

Have you ever thought of the fact that our bodies are composed of the food that we have eaten ? Fancy a person who weighs eleven stone eating just one pound of pork a day, although many people eat much more meat than that. This small amount eaten every day would amount to thirty-three stone in one year, and the poor creature weighs only eleven stone ! Where is the man, where is the pork ? Do you wonder, then that some people not only look like hogs and other animals, but also live and act like them ?

The body, whether of a man or of an ox, whether killed by an accident, an axe, knife, gun or science, when it has breathed its last, becomes a corpse and the most fitting place for it is the graveyard, and not our stomach. A piece of corpse in the stomach of a civilised man, and yet we speak with horror of cannibals eating human corpses ! If eating meat why not eat the most highly organised form of meat, which is not beef or mutton, but human flesh ? If you still believe in the eating of flesh, then you must admit that at least as far as the fitness of food is concerned the cannibal has the best of the argument.

In early times in some countries where they did not believe in capital punishment as much as they do in countries whose inhabitants are addicted to excessive meat-eating, the criminal was condemned to prison for life and fed exclusively on meat and wine. For the first few days he fared very well, even sumptuously, but after four or five days he would begin to grow weaker and weaker, and in thirty days at most he would be compelled to succumb. It was not the wine that killed him, although liquor used with meat will hasten the final result.

It is possible for man to fast absolutely, without taking any nourishment, for a longer time than he could live on an exclusive meat diet. The only reasonable conclusion is that meat is worse than useless as a food, and that men continue to exist, not because of the meat they eat, but in spite of it, and because of the things they eat with the meat. This is also shown by the fact that a well-arranged vegetarian diet nourishes the body and does it better on

the same quantity of food that is eaten by the flesh eater, without counting the meat which he also consumes.

Have you ever thought whence the cow gets her nourishment in order to produce the milk which contains all the necessary elements for the bodily needs of a human being? The horse is not a meat-eater, but he has strength, endurance and speed. Among Oriental people the elephant has for centuries symbolised strength and wisdom through vegetation.

Again, we read in the first chapter of Genesis the law of nature as applied to animals: "And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so."

It has been proven by continued experimenting that carnivorous animals can be kept on a vegetarian diet, and they will not only live but will thrive on such a diet. Yet when we come to man we are told by flesh-eaters that he must eat meat to get strength. If it be possible for cows, horses, elephants and other vegetarian animals, and even carnivorous animals, to thrive upon the products of the vegetable kingdom, should not man be able to do the same?

To understand the meat question thoroughly, we must understand the relation of fermentation to digestion. Fermentation in the digestives is of two kinds, viz., digestive fermentation and spontaneous decomposition.

Digestive fermentation is the result of the action of the digestive juices upon the food, chemically changing the same, and preparing it for assimilation. Such transformation is the natural process of digestion and should not be confounded with putrefaction which is unnatural and should be avoided.

The usual definition of the word fermentation is spontaneous decomposition, certain phases of which are very similar in appearance to digestive fermentation, but in effect are directly opposed to the latter. Spontaneous decomposition is caused by eating meat, yeast bread, decaying fruits, stale vegetables, and wrong combinations of food, all of which cause a putrefying fermentation in the digestives which results in the formation of alcohol, vinegar, acids, wind or gas, and transforms the food into waste material instead of



nourishment for the body. That fermentation is of two kinds, one beneficial and the other harmful, is a fact recognised only by the few, but it is, nevertheless, one of the most important points to be considered in the study of dietetics.

In order that food may pass through the different stages of fermentation in the process of preparation for assimilation by the cells of the body, there must be corresponding stages of development or evolution through which the food has not yet passed in its natural state. Digestive fermentation, then, transforms the food in such a manner that it can be assimilated ; but in the case of meat the cell has passed through all of the stages of evolution that are possible to matter, as the animal flesh cell and the flesh cell of the human being are practically identical in formation. As matter, when once it has reached the highest point in evolutionary development, is incapable of further progression and, as it is a natural law that nothing can remain at a standstill, but must either go forward or backward, so when meat is taken into the human stomach it cannot be assimilated because it has already reached the highest point of development possible to the individual cell, and by natural law decomposition into its component parts is the only remaining possibility ; and such decomposition can, from the nature of the case, form nothing but waste material as far as the human body is concerned.

As decomposition or putrefaction was never intended to take place inside the human body, no natural provision has been made to assist in such a process within the digestives of man. For this reason Nature must call to her aid such worms, maggots, bacilli, microbes and germs as will hasten the process of decay ; but at the same time such unnatural means lay the foundation of nine-tenths of the diseases of men.

The bloody juices of the meat are all that can be assimilated in the body. For this reason carnivorous animals like lions, tigers, &c., must eat an enormous quantity of meat to keep up their full strength and activity. Their digestives are so strong that the meat can be swallowed without mastication, the juices are quickly pressed out and the waste material is eliminated before the decomposing material can be absorbed into the system. But even the bloody



juices of the meat are not suitable for human consumption, as the blood contains animal cells and other products which will quickly undergo decomposition and fill *our* bodies with putrid matter.

The human digestives are no longer constituted so as to digest meat in the same way that it is taken care of by the carnivorous animals, for civilised man has, or should have, long since passed the degree of evolution when he could live on the same food as carnivorous beasts.

Man to-day is a brain being in contra-distinction to the muscle beings of the lower forms of evolution, and he is endowed with intelligence to choose his food so that he may be properly nourished without the expenditure of so much energy as is needed by the carnivorous animals. He is rather to use his energies in brain activity that his mind may be able to solve the many complex problems of life as presented by present-day conditions.

Such substances as nitrogen, salts, etc., in the meat juices are readily taken into the blood, thus stimulating the heart and other organic functions to quicker action. For this reason one eating meat has his animal nature quickly aroused, but relapses into degeneration as soon as the stimulation of energy has become exhausted.

Meat, alcohol and tobacco are all rightly classed as stimulants. As the fermentation of decomposition takes place in the digestives when meat is eaten, instead of a normal digestive fermentation, the overworked organs call for greater stimulation to do the extra work, and an appetite is created for alcohol, tobacco, spices, &c.

Intemperance comes from wrong eating, and temperance will never be an accomplished fact until we learn how to revise our dietary and combine foods properly according to our individual requirements. For this reason Mazdaznan teaches a simple and complete method of dietetics, and it will be impossible for humanity to arrive at a state of absolute physical health, mental activity, and spiritual realisation until they learn to put Mazdaznan principles into practice.

Appalling as the results of flesh eating are to the physical

body, the blighting effects upon the mentality and spiritual nature are still greater.

Do you not know that the intelligences composing the flesh of an animal, lingering within the decaying life tissues, must awaken within your own tissue form toward activity? Do you know that such activity is opposed to your purpose in life, leading you to your destruction, directly or indirectly, in the same sense as you have caused the destruction of the one who had a higher purpose in existence than to be consumed because of the craving of an abnormally and selfishly developed appetite? Do you wonder, then, why you are being possessed by many conditions of influential intelligences, causing your mind to drift about, weaving nets of subjectiveness around you, and increasing the weight and burden in your downfall? Oh, you blind, near-sighted creature, who claims to stand at the head of creation, how low you have fallen; how you have stepped down and reached out your hand to the things below that are dragging you down to destruction! Yes, the intelligences of these bodily dead creatures continue to live in you spiritually and give you the appetite as entertained by the beings previously inhabited.

These intelligences continue their work as foreign agencies in your body, and in their allurements and your gradually negative attitude establish themselves toward a station in your life which accomplishes the subjection of your higher intelligence; until at last to your mind appeal the unbalanced intelligences of brute nature, holding you enchained to the lowest conditions of existence, until at last the sense of justice is lost and you no longer live the life of a being noble and sublime, but merely exist as a phenomenon of the brute reflecting through the human form. You will continue through such a miserable existence on and on until the sense of justice shall awaken within your soul, gradually repaying the debt you have contracted with creation and its creatures.

We do not entreat you to stop your criminal course for our sake, for all you do is for your own self. If you delight in the pleasures of sin, go right on; but when sorrow and sickness come, when your "hidden forces" no longer respond to your demand, when all your "demonstrating" fails you, when science is exhausted and you anxiously call for help and that help is very slow in coming,

remember that "The blood of thy brother creatures crieth unto heaven for justice." You will continue to live in fear and trembling until retribution is brought, and within your heart has become sacredly rooted: "And every herb bearing seed, and every fruit in which is a tree yielding seed; to you it shall be for MEAT."

# HOW TO FAST

## SCIENTIFICALLY.

### THE EFFICACY OF FASTING.

**M**ANY are the ways of man in attempting to reach the goal of perfect health, and many more are the methods propounded in seeking what we all long for, perfect happiness ; but perfect happiness depends on perfect health, and there can be no joy in living unless there be health ; and *that health must be mine ; ALL MINE.*

Whatever be the malady, remember that disease is a unit. It is the result of transgression, whether such transgression has been conscious or unconscious. Do not enlarge upon your trouble ; do not try to make yourself believe that your condition is exceptional and complicated ; your case is within the range of Nature, and repairs are possible if attended to in a way that invites Nature to do the work, while you attend to the nursing.

From the standpoint of utility, our bodies correspond to highly developed, complex and sensitive machines, and what holds good in the mechanical world may also be applied to the animal. A machine undergoing repairs rests from its labours, and a human body, while being repaired, should also be resting.

Nature is ever ready to amend, ever willing to correct errors and adjust mistakes. To do this effectively she should be assisted rather than interfered with. The old idea of physicking a patient has been succeeded by the new idea of flushing the colon through its entire length. It is held that organs, weakened by disease, should not be taxed with physic, owing to the irritation induced by medication. This being true, it is natural to think that an erroneous diet, which has been proven to be the cause of the majority of organic troubles, would continue to promote irritations, if still continued without change. Making a change in diet, and expecting to gain the desired results, we should realise the need of resting the organs, and resort to such means as will relieve them of irritations.



Nothing will correct errors or irregularities more quickly than an occasional fast of from twenty-four to thirty-six hours duration ; in stubborn cases or chronic troubles it may be necessary to fast for many days or even weeks. It stands to reason that when a vessel is to be cleaned its contents must be removed. A body filled with effete matter must be given an opportunity to rid itself of such substances. If the draught of a furnace be stopped with clinkers the fire cannot burn. Remove the ashes and clinkers, make a new fire, and it will burn brightly. When the fires of life burn dimly, do not add more fuel to an already over-loaded system, but, by abstaining from food, permit the organic functions to use all their energies toward the purification of the body, and in this way YOU can regain a condition of healthful bodily activity.

Fasting should be resorted to not only when sick, but it should be practised scientifically for the prevention of disease. It should always be remembered that virtue and wisdom do not lie in merely removing an evil, but in preventing the same. People who miss a meal or two a week are always the better for it physically and mentally. The ancient Aryans fasted every seventh day, abstaining from food and drink ; the Mongolians fasted every tenth day ; and the Zends would not allow food to pass their lips every fifth day, using only drinks brewed from herbs or fruits. The intelligent class of former days resorted to periodical fasting, not only for the good physical results obtained thereby, but also for the development of higher attainments. In our own days it has been shown conclusively that the simply fed student studies with ease and may readily take high honours, while he who is overfed simply delights in sports, neglecting his mental powers.

The Japanese, who until recently were largely vegetarians, also believe in the efficacy of fasting. In the Temple of Narita there is a special fasting hall where the pious may perform the ordeal. These fasts range from *one to five weeks*. Most of the fasters are men, the proportion being seven men to one woman who fast. The majority fast that they may rise in the world and increase their business profits ; others hope to gain good luck ; the smaller number seek health. Short fasters are those who want quick returns. Long fasters, those who abstain from food for the period

of five weeks, are generally those who fast in recognition of the efficacy of prayer and to the glory of God.

The efficacy of abstinence from food, or fasting, is too well-known among the learned in religious and scientific circles to need any further comment, and mercenary scruples alone keep many a man of science from making known more universally the manifold benefits to be derived from fasting. However, the better class are awakening to the fact that fasting and dieting deserve more serious consideration and these subjects are to-day being studied and tested. Indeed, we may safely say that the fact that fasting is one of the most rational methods of arresting acute and chronic troubles has been conceded by every school of science and religion.

The better, more studious and scientific minds agree that with all our great accomplishments and inventions, all our learning and education, we encounter more physical and mental troubles to-day than in any two or more generations of the past. We are not only as diseased as ever, but we are more diseased, owing to the great mental strain and the demands made upon us by the spirit of the times.

Wrong feeding and improper foods and foods out of season lay the foundation for disease germs, which, according to temperament and environment, develop into serious acute and chronic troubles.

Change of diet and change of climate prove to be a stimulus in many instances, but in the majority of cases a fast alone will make it possible for nature to eradicate a disease found to be beyond the means usually employed.

Fasting is neither a hardship nor a mortification. The majority of fasters imagine that the fast alone will eradicate disease. This is a sad mistake. The fast *arrests* the disease, *rests* the organs and *induces* nature to *reduce* adipose tissues and *remove* morbid and effete matter. The proper care of the body during fasting and attention to diet after the fast are the principle factors in the eradication of disease by fasting.

As with everything else on terra firma, when the object is of a composite nature, there are two diametrically opposite ways in which the subject may be treated; an untried, experimental and unscientific method or a thoroughly tested and scientific way.

The former is full of complications and hardships, but the latter is simple, easy, a source of pleasure, and will be accompanied by the best results that may be desired.

### SELECTION OF TIME FOR FASTING.

The time determined upon by the prospective faster is the right time, although it is much harder to fast during the hot summer season or during the extreme cold days of winter, and greater care has to be taken at such times and many more hygienic measures have to be followed. The best time to fast is just before the approach of spring, or during the Lenten season, and in the early autumn.

A fast should be engaged in only after much and thorough study upon the subject. Once the philosophy of fasting appeals to us we should begin with short fasts of thirty-six hours to three days. Once we have proven the efficacy of fasting to ourselves we shall become inclined to fast quite frequently for shorter or longer periods, observing fasts at the change of every season, particularly during Lent, which is a most congenial time for the eradication of error. Whenever distressed or in an irritable state, when in pain or suffering from a malady, simply forget to eat for a day or more and note the change for the better. In the meanwhile let no opportunity pass by you to attend to the care of the body with exercises, rhythmic breathing, hot and cold water baths, oil and salt rubs, and sweat baths induced through the use of sudoral drinks.

Do not abstain from the use of solid food on extremely cold days or extremely hot days, neither on wet, rainy days, unless such changes happen to befall you during your long fast, when it will become necessary to pay attention to manipulations of the spine, alcohol rubs, and the use of aromatic herb teas.

Whenever substantial food loses its savour; when a three course dinner no longer pleases you; when your dishes demand more salt, more condiments, and you begin to hanker after relishes, while you turn up your nose at the pudding, unless it be seasoned, and the brandy sauce exceptionally highly "brandied"; it is then high time for you to take leave of absence from the table for at least three days, engaging in rigorous exercises.



### STEPS NECESSARY PRECEDING A FAST.

Before entering upon a long fast for the purpose of final eradication of disease-breeding germs it is well, for a few weeks at least, to cut down one's rations about twenty-five per cent. and finally omit breakfast altogether; or else, do not eat immediately on arising, but rather defer your first meal of the day for four hours. Live for a time on two meals a day, luncheon and dinner. Still later, confine yourself to but one meal a day, and that meal to be taken not until one's daily task is performed, thus late in the afternoon.

A French medical authority in one of his recent publications calls attention to the fact that, "We all eat and drink too much," and adds, "Take the Trappists for an example. From September 14th up to the first Saturday of the beginning of Lent (February-March) these Trappists *eat but one meal* within the twenty-four hours of the day. This meal is set for three o'clock in the afternoon, the hour of Vesper, or twelve hours after rising; for the Trappists arise from sleep at about half-past two in the morning, engage in labour, prayer and religious exercises before partaking of a mouthful of food. They enjoy perfect health. Dyspepsia, indigestion or diseases of the digestive organs are very rare occurrences. For the last twenty-eight years there has been practically no occasion for alarm by the home physician; no dropsy, gallstones, cancer, appendicitis or colic. Even the most serious epidemic visiting their country and playing havoc, never passed inside the threshold of the Trappists. *They fast very much and often.* Their diet consists mainly of farinaceous soups, containing no animal fats, bread made from coarse flour, vegetables cooked in plain water, roots and potatoes. *Meat, fish, butter, and eggs are absolutely prohibited.* Even oil is only used in salads. For drink a pint of *fruit juice* is allowed. For *dessert* they use fruits, either dried, raw or cooked. On this food they thrive, keep robust and well, and reach an exceptionally old age. Of course, they are kept busy at work and get plenty of exercise and good, wholesome air. Weak and invalid persons joining their order soon begin to pick up and become strong and healthy brothers. It must be admitted by experienced physicians that *disease is the result of the negligence of fasting.* The renowned orator, Bourdaloue, enjoyed perfect



health up to his extremely advanced age, and, when asked by his physicians as to his method of living, Bourdaloue answered that *he had never eaten more than one meal a day*. To this the physician asked him *never to tell this to anyone as there would be no work for his ilk.*

One thing more we must bear in mind, that where we cut down our rations or propose to fast, the human system, according to temperament, requires a certain amount of heat to promote circulation. Primarily this circulatory action is induced by the dynamics, the lungs—the mainspring of life. This process is secondarily furthered by the digestives. A good feeder consequently breathes more heavily ; he does not empty his lungs readily ; carbons accumulate rapidly in his system, consequently storing up adipose tissues ; his abdomen distends, while his chest deflates proportionately. The small feeder, or the man of exceptional lung capacity, enjoys an inflated chest, while the abdomen deflates. In animals, domestic and others, the rule holds good that a large chest and deflated flanks denote sure-footedness, swiftness, endurance and brightness.

Insomuch as everything that is good in life is the result of proper thought, the body of man, God's divinest accomplishment, should have the most intelligent consideration and attention.

### WHERE ONE SHOULD TAKE THE FAST.

After having decided upon a fast and the time has been set the question arises as to the place of fasting, a question that only too frequently becomes a serious one. Where one lives in congenial surroundings, where broadness of mind and the principle of liberty are not mere claims, or where the religious atmosphere is not permeated by ignorance and superstition, but is exemplified through deeds of living faith ; there it is an easy matter to perform **one's** ordeal of fasting. But where there is bigotry and shallow-mindedness it may be safe to remember the words, " Blessed is the man who has no relatives," and for comfort recall the words of Jesus, " Who is my mother, who are my sisters ? . . . Only those who follow the will of my Father are unto me mother, brother, sister " ; and " He who loves *his* father, mother or friend more than (the Father in) me, is not worthy of *mine*."

In countries where fasting is considered a religious duty, special retreats are prepared where proper care and attention may be engaged. Where such is not the case we may retire to a sanatorium or a resort and there engage the proper attention.

Where one is free from undue influence, a fast can be engaged in unbeknown to one's associates, especially where hygienic measures are so religiously followed, that, although the weight diminishes, the texture of the skin and the colour increase in freshness.

The outdoor life is, of course, by far more congenial to a faster, and where confined to indoor work, it is well to take morning, noon and evening walks. Should any of these walks exhaust us then it is because we walk too rapidly or too slowly.

Be certain that you have a place to live in that affords all the comforts of civilisation. Remember, a horse well-stabled saves the outlay for such luxury in feed and medical care, to say nothing of the better service he gives, and the better price he commands.

You need a suite of rooms with private bath, running hot and cold water by day and by night ; plenty of good ventilation and fresh air ; light and heat on gloomy, dismal days ; stacks of towels, linen, and a lot of sweet-smelling laundry. You not only owe it to yourself, but this body of yours deserves to be so royally treated, that life may turn into a gladsome song. If you can't afford it, remember, what you save through your fast will pay the bill. Go to a hotel, a sanatorium, or go—to the woods.

### HOW TO CONDUCT THE FAST.

Fasting is indeed a great subject and worthy of the attention of all who desire to learn how to live. A thorough knowledge is necessary, and no one should fast upon the strength of a mere suggestion or influence ; neither should one become enthusiastic in this matter ; not that any injury may come to the faster, but many unpleasant experiences result where a change is being made haphazardly and unwisely.

To fast does not mean to abstain from *certain foods* or to prepare something special to be eaten ; it means to abstain from all food during the time of fasting. Eat *nothing* but *breathe* and *swal-*

*low saliva.* Water may be used, but in small quantities and only when needed. *Do not keep the mind on fasting, but keep busy doing something useful.* Those who have eaten meat or used stimulants up to the present time will do well to abstain from their use for a few days before beginning to fast, and then the way will be easier.

We take it for granted that in these days of enlightenment, education and versatility, every one of us follow certain forms of gymnastics, mornings and evenings. Mazdaznan knows from experience how much greater are the benefits when such exercises are performed *on the breath*. It is much harder to fast, or even to diet, where the individual is ignorant on the subject of breath or pays little attention to breathing exercises ; although great results may be obtained even under such unfavourable circumstances.

We know from our study of Health and Breath Culture the great importance of exercises in rhythmic breathing. Such exercises are of the greatest importance in conducting a fast successfully. We wish to call special attention to the *patets*, or *prayers on the breath*, and the *Yima* and *Airyama exercises* all of which are contained in the prelude lesson of Mazdaznan Health and Breath Culture. If the faster be also familiar with the further use of the *Mazdaznan breathing and harmony exercises and posturing*, or *exercising the body on the breath*, such practices combined with the hygienic methods as outlined in the instructions will make the fast quite easy of accomplishment and assure success in the undertaking.

For obvious reasons it is most important that the bowels be kept clean during a fast. Retain the habit of alvine calls morning and evening, applying a flannel cloth, dipped in hot water, to the anus for several minutes, taking the seat in a position that will allow the knees to touch the abdomen. In some cases, especially after having fasted for some time, it is well to use purgatives, and in some instances, especially where there are digestive disorders, consumption or rheumatism, the new method colon flushings should be resorted to. We repeat, *it is most important that the bowels be kept clean during a fast.*

The renal call should also be free and encouraged through the use of clear, filtered, spring water ; otherwise use distilled or artesian



water, always adding a teaspoonful of the juice of citric fruits or the juice of fresh white grapes, to the pint of water ; using not more than a quart of water a day. In case of pain or ache use sage tea with lemon juice. When in the least discomforted or distressed take your breathing exercises, and, if desired, swallow a little water on the breath. The temperature of the water is to be such that it may be drawn through the closed teeth. Take a long, deep breath, and on that breath take a swallow of water. When exhaling, do so slowly and completely.

In cases of extreme thirst or fever, place a thin slice of lemon on the tongue and swallow saliva slowly. When faint or weak, the juice of fresh fruits in some temperaments and the juice of fresh vegetables in other temperaments will prove resuscitating. Should you become bilious, or your hands and feet turn clammy, take a quick hot bath in water containing a mixture of one part of borax to ten parts of salt. After the bath rub the body vigorously with heated witch hazel and use hot slippery elm tea for a drink.

Keep the fact of your fasting to yourself if you desire to obtain the best results. Engage in no controversies, but do not deprive yourself of association, socials, entertainments, sports, or other things that offer recreation and change to body and mind.

Underwear must be changed daily ; footwear several times a day. Take a hot plunge and a thorough massage at night, and rub the body with slightly oiled hands ; in the morning take a cold plunge or sponge bath, and a rigorous Turkish towel rub, rubbing the body with finely-powdered salt. At night and in the morning recite your invocations, prayers and aphorisms upon long and complete exhalations.

The eyes should be washed daily in a very mild sassafras tea followed by cold salt water dashes. Nasal douches with salt water will be very beneficial and cotton-wool should be placed in the ears every night before retiring, and should be removed in the morning. The face, neck, hands and feet should be thoroughly manipulated with cold cream, almond or cocoanut oil, and nails should be manicured daily.

Wash the teeth and rinse the mouth more frequently than is customary, using refreshing tooth pastes and deodorous mouth-



washes. A good mouth-wash is a crystal or two of permanganate of potash dissolved in a tumblerful of water. A teaspoonful of such water may be swallowed occasionally with excellent results to the digestives. Alternate with three or more drops of Australian oil of eucalyptus to a tumblerful of water and swallow the last mouthful. To gain exceptionally good results, and eradicating disease germs, after a few days fasting, take three drops of oil of eucalyptus in half a tumblerful of hot water every night before retiring, adding one more drop daily, until nine drops are taken, when the quantity is to be diminished drop by drop to three drops, and then discard it altogether for a few days. The permanganate of potash should be used in the morning.

The length of the fast must be governed by the temperament of the individual. Fleishy people should fast for several days, and thereafter one day each week. For those who are naturally lean, and of the nervous temperament, it is best to begin by fasting one day in ten, then one day in eight, one day in six, one day in four, one day in two, until the system becomes accustomed to the change. This is an especially good plan for those who are *too weak to make up their minds* to carry out a radical change. Three days, or seventy-two hours, is a favourite length of time for taking short fasts. After a few trials, absolute fasting should be resorted to for from nine to twenty-eight days.

### **BREAKING THE FAST, AND RULES AFTER FASTING.**

The three most important things to remember about fasting are *breathing exercises, purification of the bowels, and the method of breaking the fast*. The breaking of a fast needs intelligent thought and a selection of foods nourishing in nature and of eliminating tendencies. Wrong foods, or ravenous eating after a fast, will nullify the good results of the fast, and leave the body in worse condition than before fasting. It is thus most important that we know *how* to break the fast and what kinds of foods to use thereafter.

Short fasts of about three days should be broken with a wine-glassful of fruit juice, and a diet on freshly popped popcorn for a period of five days, starting on one handful of popcorn, divided into

three meals, and adding one more handful of popcorn each day. Thereafter take solid foods in small quantities, and until a healthy habit is established. Instead of water use the usual amount of liquid in the form of fruit juices or vegetable juices, taking care not to swallow anything pulpy or fibrous for several weeks to come, and not to cook fruits or vegetables in water, but to stew them in their own juice, or to bake them, or to eat them in their raw state.

At the end of a long fast, and in cases of exceptional corpulence, even during the progress of fasting, a Turkish bath should be taken ; or at least a steam bath, followed by salt rubs and alcohol manipulations. After such a body treatment partake of a wineglassful of non-alcoholic champagne, a Greek or Italian brand, and retire for six hours of sound rest.

After a good rest you will relish a dish of very thin faster's gruel, made of six parts of wheat, three parts of barley and one part of oatmeal. Of this gruel use two tablespoonfuls to a cupful of fresh sweet milk. Masticate carefully and slowly.

For further drinking use fresh fruit juices or vegetable juices, according to temperament or desire.

If neither of the juices appeal to your taste, or agree with your constitution, use daily a little more of the fresh, sweet milk, but have the milk well sweetened with sugar of milk, partaking of it only in doses of one, and not more than two tablespoonfuls at a time.

Should you decide to go on a milk diet exclusively for a week or more, it is well to remember that cow's milk is deficient in saccharine substance, which deficiency may be made up by adding one teaspoonful of sugar of milk to the pint of milk. And even then it is well to use the juice of fruits in season. If not in season, then use fruits of the opposite climate, *i.e.*, living in the temperate zone take the fruits of the tropics, and vice versa.

Where fruit juices do not appeal to the taste, then resort to vegetables, selecting the herbal kind, like dandelion, chicory, endive, watercress, sorrel, etc., paying a great deal of attention to mastication. This method pursued for not more than five weeks will pave the way to the right diet to be followed thereafter.

Scrofulously inclined persons cannot be confined exclusively to a milk diet, unless a small quantity of faster's gruel, as described

above, is added to the fresh, sweet milk, starting on one to two tablespoonfuls of gruel to a pint of fresh, sweet milk, and increasing the quantity of milk to the extent of two ounces daily, until at the end of five weeks, about six pints of milk a day are used, when a change in diet should be made.

In the course of dieting it will be well to alternate the faster's gruel with taroena, a Hawaiian product. Rice, sago, farina and other cereals may be added, but always in small quantities only, as more fruit or more vegetables should be added from day to day, until one learns to make a meal on a salad.

Olive, cocoanut, and cottonseed oils should be used daily in small quantities, either with cereals or with vegetables. Broths may be used at first, but should gradually be substituted with solid food.

To improve alvine calls, of which there should be one every morning and another every evening, masticate thoroughly one fig before each meal on one day, and two ripe olives on the next day, and so on, until the call proves satisfactory.

To improve renal calls use steamed asparagus, fresh peas or celery, and abstain from salt, spices and condiments.

To keep well, select only what is in season, and where the local market is limited, watch the tropical fruits in season, making up for any deficiency by adding either pineapples or grapefruits, or oranges, pomegranates, mangoes, etc., to your diet, always using the juice of fruits in the first course of the meal.

Two tablespoonfuls of bran used on foods in the first meal of the day, during winter and on extremely hot days, will prove very beneficial.

If you must drink, do so before meals ; never with meals, nor immediately thereafter.

Have all vegetables prepared without water, but simply steamed ; otherwise have them baked or fried in oils, or eat them raw. Raw dishes should, and can be made palatable by slicing, chopping and grating, adding creams made from finely ground nuts, citrus fruit juices (or acidulous vegetables), and cream.

Cereals and malted grains should be boiled in water very quickly, and when nearly done, allowed to simmer slowly until done ; or if done and still in water, as rice or barley for instance, the con-



tents of the vessel should be emptied into a sieve and quickly chilled with plenty of cold water until the rice or barley stands out like beads.

After a number of short fasts, or a long fast properly conducted, and paying attention to the manner of breaking the fast, and to the foods used thereafter, you will notice that your appetite has changed greatly ; in fact, you will have rid yourself of that monster of all disease—appetite. You will have perfect taste, and what you eat will be relished and it will agree with you. You will have no desire to use tobacco or liquors, neither will you have a craving for meat or greasy foods. Disease will be banished, health will be assured, and by living up to your knowledge of nature's laws, you will attain to your birthright of power and intelligence, and you will *know* that to the God who dwells within you *all things are possible*.

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### **VALUABLE HINTS FROM SCIENTIFIC FASTERS.**

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Some of us learn from experience, others gain knowledge through observation, and many more find their way by studying the results gained by the former two. We are convinced that the examples related in the following pages will be greatly appreciated by the medical student as well as by others. The following is written by Mr. A. Louis Kuehmsted, Vice-President of the Gregory Electric Company of Chicago, a successful business man, whose health has been the best ever since his long fast.

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### **FASTING FOR THIRTY-THREE DAYS.**

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**Scientifically proven by A. Louis Kuehmsted.**

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In taking up a long fast, it was my object to prove for myself, not only the possibility of living without food or even drink for a considerable length of time, but also to convince myself that this could be accomplished without experiencing any special inconvenience or hardship, and without in the least interfering with the daily attention to my regular occupation.



The result fulfilled these expectations to the highest degree. Not a single day was missed from my business ; in fact, my fast was undertaken at a time requiring considerable extra work evenings and Sundays during the first ten days. During this period not a morsel of food, and not a drop of water or liquid of any kind passed my lips. On the evening of the tenth day I drank some sassafras tea, repeating this for three or four days, when I again left off all liquids for several days, after which herb teas were again taken for a few days ; and this alternating process was continued until the end of the fast. No liquid was taken during the last four days.

Instead of the use of clear water, which is generally weakening to peristaltic action, I used weak infusions of parsley leaves, elder flowers, linden blossoms, and wild rose blossoms.

In order to rid the body of the accumulating waste matter, the colon flushes were resorted to from time to time during the fast, at regular intervals. These colon flushes I consider to be of the greatest importance during a long fast, as soon as the natural action has ceased. These flushings were invariably followed by a considerable gain in strength and vitality on the following day.

From February 24th until March 28th, I tasted no food of any kind, not even oil or fruit juices. On the thirty-third day the fast was broken on some tomato juice taken hot, with a little olive oil and the beaten white of an egg. After living on tomato juice and oil for a few days, I changed to a combination of orange and apple juice, which formed my diet for the next three or four days. Not having accomplished a natural action of the bowels by the above diet, I next took seven small but perfectly sound apples, chewing them thoroughly, swallowing the juice and rejecting the pulp. These apples produced the desired result, and a regular action was established, which has continued without any interruption ever since. I now began eating solid foods, such as shredded wheat biscuit and hard tack, with vegetables in small quantities. The week following Easter Sunday I feasted in accordance with the practice of our friends in the Orient, even indulging in two glasses of old wine and a piece of Mazdaznan strawberry shortcake.

At no time during my fast did I experience the slightest hunger ; in fact from the first day to the last the desire for food was entirely absent. I experienced no inconvenience during all this time until the last few days, when I began to feel the cold, having taken no oil or anything of a heat-producing nature at any time. The thirty-second day especially was cold and raw, and made me feel uncomfortable even with the extra amount of deep breathing which I practiced. I concluded to break the fast on the following day, having already accomplished and demonstrated more than I had set out to do.

A most surprising thing was the small amount of sleep required. From three to five hours a night proved to be all that I needed or desired. Walking and physical labour of all kinds proved very attractive to me, were freely indulged in, and always resulted in great benefits throughout the fast.

During the thirty-three days I lost thirty-three pounds in weight, twenty pounds being lost during the first eight days. Practically all of this has now been regained, after about seven weeks of dieting. I feel like a new man, and as though I were beginning this life all over again. The past with its sorrows, troubles and tribulations has been swept away.

In conclusion, I wish to pay a tribute to the Mazdaznan Teaching as expounded by our great and beloved teacher, Dr. Ha'nish. It has pointed out the way to me, and shed light upon my path, the light of knowledge and understanding. May it do the same for many others, and may they follow the thought divine, which is eternal. Unto this end let all things prosper.

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**SCIENTIFICALLY CONDUCTED THIRTY-DAY FAST.****Eradicating Disease of a Most Complicated Nature.****Efficacy of Method Proven.****By J. L. Dornheim.**

The object and purpose of my fast was to rid the body of certain diseased conditions, resulting from undesirable hereditary conditions, and from thirty years of improper living and gross violations of natural laws. This unnatural method of living, which was continued with a persistency, "worthy of a better cause," and coupled with the suggestions of environment, and the organs being stimulated to the utmost by sugar-coated pills which constituted a part of my regular diet, finally resulted in liver disease, kidney trouble, paralysis of the rectum and descending colon, bleeding and protruding piles, a sallow, sickly complexion and numerous other incidental ailments. A splitting headache was a weekly institution, and my rheumatism had become chronic, varied by agonising sciatica, painful lumbago, neuralgia, stiff neck, and rheumatism of the bowels; the last of which, for excruciating agony, surpassed anything else ever experienced. In fact, my experience with rheumatism in all its variations has been very large.

Stimulating drugs and patent medicines at last had no effect, except to make matters worse. At this stage, my thirty-seventh year, I became convinced that inasmuch as my father and sister had died of kidney and liver disease at the ages of forty and thirty-seven years respectively, so I would also die at about the same age, and of the same disease. Indeed, I had abandoned all hope and had resigned myself to my fate, when I was induced to attend a Sunday lecture given by Dr. Ha'nish.

My scepticism was only equalled by my antagonism to all philosophies, 'ologies and 'isms, and therefore I listened to this first lecture with rebellion in my soul and my eye upon the exit from the lecture hall. But after listening for a few minutes to the apparently youthful lecturer, for to me he appeared to be little more than a boy, I became so absorbed in his theme that I not only remained to hear him upon this occasion, but have since attended nearly all his Sunday lectures.

The following year I joined his regular classes in Health and Breath Culture, resulting in immediate and rapid improvement in my health, and before the end of the course the rheumatic pains had almost entirely ceased.

Short fasts were then undertaken to rid the body of kidney and liver troubles and incidental ailments. The evil effects of a paralysed colon and rectum were partially overcome by enemas, and the liver disease was being cured by fasting and dieting. The kidney trouble, however, was most stubborn and painful. I finally decided that my salvation lay in a thirty-day fast, which I attempted last spring, but which I broke each time at the end of fifteen days. The approach of summer compelled the abandonment of any further attempts at fasting, but I firmly resolved that when "the melancholy days are come" I would fast thirty days, or die. That resolution has been kept with results eminently satisfactory.

October 1st, 1903, I started my thirty-day fast, preceded by several short fasts during September. Three colon flushes were used daily, just before retiring, during the first week, and then stopped altogether. On the tenth day I took a double dose of Hot Oil, a Mazdaznan preparation which is a most powerful purgative, and three drops of which bring results, under ordinary circumstances, within half-an-hour after taking, the effect lasting about four



hours. The six drops I had taken commenced operations in about fifteen minutes, and kept me at stool during four hours almost continuously ; indeed, it might without exaggeration be described as one stool of four hours' duration. The enormous quantity of waste material and its poisonous character, as attested by the olfactory nerves, were most astonishing, in view of the fact that daily colon flushings had been taken the first week of the fast, until the water expelled from the colon and rectum, barring small quantities of light, coloured mucus, was as clear and odourless as when injected. The results however, were most gratifying. Desire and appetite gradually lessened, and finally disappeared about the 18th day, after a successful struggle against an almost overwhelming desire for a drink of some sort of malted liquor.

The evil effects on mind and body of all this poisonous matter, while retained in the system, were plainly visible in my face, and general disposition, and I felt much worse than I looked. At times I was hardly able to move about. On the 14th day, or the 3rd day after taking the Hot Oil, when the system had eliminated such a large quantity of poisonous material, there was a marked improvement in appearance and strength, which condition continued until the end of the fast. The muscles of the body, which had been hard, tense and beyond control, now relaxed and became subject to the will to a greater degree. The skin became soft, the eyes clear, the pain in the kidneys diminished, and torpidity of the liver disappeared entirely. At this time I began to take short outdoor walks, increasing the distance, until ten miles were covered without exhaustion. This daily exercise was continued for about two weeks after the fast.

October 20th another heavy dose of Hot Oil resulted in immediate nausea. mucus only being vomited, while the salivary glands poured forth enormous quantities of saliva. This dose, not operating for seven hours, sickened me more than any purgative ever taken, and resulted in only two bowel actions. That day I was about the sickest man in Chicago. On the following day, however, equilibrium was fully restored with complete disappearance of all aches and pains.

I now stopped using the parsley tea, of which about one quart had been used daily since beginning the fast. Occasionally, about once a week, a little olive oil, one teaspoonful to the quart of parsley tea, was added.

On the 28th day, having perspired freely from a five-mile walk, I carelessly allowed myself to become chilled, resulting in a cold that settled in the right kidney. Hot parsley tea, with a little olive oil, gave some relief, but I felt intuitively, that an action of the bowels, which had not moved since the 20th, must be secured at all hazards. To this end, the juice of three apples was taken, being careful not to swallow any pulp. Within one hour large quantities of mucus mixed with particles of solid matter were expelled.

Feeling that now was a critical stage, and that much depended upon my ability to keep up the bowel action so favourably begun, I took large quantities of parsley tea, with a little olive oil and flavoured with celery, for I had become quite tired of the parsley flavour ; and thus was repeated an experience induced by the first dose of Hot Oil. This treatment was continued for three nights in succession ; or until the herb teas passed through the alimentary canal and were expelled, almost as clear and odourless as when taken into the system.

The large quantities of excretory matter expelled, after being without food for twenty-eight days, was the most surprising and astonishing fact in the whole month's experience. It proved conclusively, what Dr. Ha'nish has so often mentioned in his Mazdaznan lectures, that the workers (the intelligences or energies composing every tissue of the body) had been overcrowded with material to such an extent that they were not only prevented from performing their proper functions ; *i.e.*, prevented from fulfilling the purposes of

their existence, and could not, even when stimulated to the utmost, dispose of the surplus material that was being continually thrust upon them. This fast, then, having aroused these intelligences or cells, to a realisation of their duties, afforded them the opportunity, and the way they seized and made use of it has put to shame the individual who inhabits the form which they collectively compose. All poisonous substances, the accumulation of nearly forty years of inharmonious living, were now being unloaded by the skin, the lungs, the kidneys and the alimentary canal. The peristaltic action of the colon being restored, that organ was now able to expel from its folds and creases the fæces that had probably been packed in its recesses for years. This solid matter, mixing with the accumulated mucus from the small intestines, composed the astonishingly large quantities of matter expelled during the last three days of the fast. The results of the fast have been most gratifying; the peristaltic action of the colon and rectum is completely restored, as evidenced by daily, natural evacuations since completing the fast; liver trouble is entirely cured; piles are nearly all gone and kidney trouble is very greatly relieved.

I can honestly say that my health to-day is better than it has ever been since my birth, and I feel that at least fifty years have been added to my life by the Mazdaznan Philosophy, as taught by Dr. Ha'nish, to whose patient instruction I owe whatever of good I have obtained from this Philosophy of the Orient.

In conclusion I might add that as no two individuals are exactly alike, their needs cannot be exactly the same. My experience, therefore, can afford guidance only in a general way, if at all, to those contemplating a long fast. One's own intuition is the best guide. No one should undertake a fast unless the preliminary course in "Health and Breath Culture" has been taken several times, and the "Inner Studies Course" at least once.

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### FASTED FIFTY-SIX DAYS.

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#### A Case of Determination and Confidence.

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Mrs. Dietz, of Cameron Dam, Wisconsin, U.S.A., was stricken with appendicitis. Unable to procure a physician, owing to certain strained circumstances, she decided to abstain from food for an indefinite period or until satisfied with her physical condition. Mrs. Dietz had read a great deal about fasting, and became quite conversant upon this subject. Although troubled with complaints of a commonplace nature, she had never attempted to fast until appendicitis developed, and grew upon her alarmingly. As a woman with an iron will, great determination, and strong confidence in the efficacy of nature's laws she was able to carry her fast up to *fifty-six days*, losing during that time sixty pounds, curing herself not only of her malady, but at the same time eradicating all other ailments. This is a case of Mazdaznan Science and Faith.

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### FASTED FORTY-TWO DAYS.

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#### Proves Scientific Fasting different from Starvation.

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#### By Marie Davenport-Vickers.

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That fasting is of great benefit cannot be denied at the present day, and that the use of this method of nature's cure is increasing is proven by the fact that scarcely a day passes that we do not read in the newspapers of some



one who has completed a fast of thirty or more days, and the verdict in each case is that the faster has experienced great benefit.

In one thing, many of us make a sad mistake and consequently meet with disappointment—that is, we expect *one* long fast to rid us of disease and to adjust the undesirable conditions that we have been piling up during a lifetime. This is unreasonable when we stop to consider the conditions under which we were conceived, born and have lived. If the Saints and Saviours found it necessary to fast, then how much greater the need for us to fast not only often but long.

In taking up a long fast my desire was to eliminate from the system the accumulation of a life-time of wrong living. Knowing that I had consumption and that the smaller intestines were lowered, I asked Dr. Ha'nish how long I would have to fast to get the intestines back into position. He said about three weeks. So I started to fast about April 19th, 1904. By the end of three weeks I knew that the smaller intestines had gotten back into their proper position, and I felt so well that I concluded to continue the fast to thirty days. At the end of that time circumstances had arisen that made me feel that it was necessary to prove that a woman could fast for forty days or more. That I could do this I never entertained a doubt, and that I proved it has been a source of great satisfaction to me. I became tired of hearing it said that it was all right for the men to take long fasts, but that women had not the strength or vitality to do so. Now I know that whatever men can endure, I can endure.

From April 19th to May 31st no morsel of food passed my lips, and during the first two weeks I took no liquid; after that I occasionally took lemon juice with hot water—about a teaspoonful at a time. I had no method of taking this at stated times. I had no desire for even liquid, but it was necessary to take it from time to time to prevent the tongue from swelling.

Not a day was missed from my work during the entire time. In fact, during the whole of the first month I had extra work outside the office, which even necessitated the preparation of food for a patient twice a day, and sometimes oftener, and as far as I remember, I never missed a class nor Sunday lecture on account of the fast. I was never pale, but had a good colour all the time, excepting about the tenth day I did look hollow-eyed, but that passed away after a day or two.

On May 31st, the forty-second day of the fast, I took a small wine-glassful of vermouth cordial that I made myself under our Master's direction, and later some orange juice beaten up with a teaspoonful of olive oil. Then for several days I boiled a bunch of fresh parsley in a cup of water, adding a pinch of salt and a teaspoonful of olive oil, strained and then thickened slightly with rice flakes. I dieted on various fruit juices beaten up with olive oil, alternated with parsley broth, for about ten days, after which I took solid food.

During the first twenty-one days of the fast I lost twenty-two pounds; the next twenty-one days I lost two and one-half pounds, but I never lost my strength, which proves the assertion so often made by Dr. Ha'nish, viz., that we get neither strength nor vitality from food; that all the vitality we ever had or ever will have is stored up in these little bodies of ours; that instead of so much food, what we need is to breathe, breathe, breathe.

We hear so much about people starving to death after only two or three days' abstinence from food, that the impression is given the public that one is liable to starve to death during a prolonged fast. The latter is not possible, while the former is possible; for starving and fasting are not the same, and the action of the mind in these two conditions is entirely different. To prove my assertion, I am tempted to give a little personal experience that came into my life before I ever heard of fasting, except that mentioned in the Bible. Twice

I was forced to go hungry for some days, owing to lack of funds with which to purchase food, and I did almost starve to death. The mind was so oppressed ; I could see no way out of the difficulty, and felt sure I would never have anything again ; yet tenacity to life, the incentive to " hold on " in spite of hardship, kept me from going to pieces, until things could take another turn. Of course, this was long before we knew anything of breathing or that one could survive for weeks and even months without food.

During a voluntary fast, the mind is at rest. The bare fact that we know there are " no strings on us," that if we feel we cannot carry out the fast we can go and eat, relieves the mind of all tension, and I know of no other time when one is so rested, mentally and physically.

In conclusion I wish to pay tribute to our beloved Master and Teacher, Dr. Ha'nish, for the patience and untiring effort with which he has sought to impart to us the wonderful Mazdaznan message. While I know he does not care for commendation, that the fact that he is doing the work is satisfaction enough ; yet those of us who have received so much at his hands, do like to speak of the noble work he is doing. When I think of the way we used to live before he came among us, of how we were struggling along in the dark, with no one to show us the right way and to say, " This is the way ; walk ye in it," it seems a miracle that we are here at all.

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### CANCER AND TUMOUR REMOVED BY FASTING.

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About twenty years ago I found I had a tumour, and was told I could not live through an operation. I also had a cancerous growth in my throat. It was very troublesome and painful. I had never been what you could call well—was subject to headaches daily, and have been a great sufferer all my life. I was told by an eminent physician that I inherited these troubles and there was no cure for them. Many other physicians determined the same, and I tried to be reconciled to my inheritance thereafter, dreadful as it was. Still I doctored, believed, prayed and dieted until life became almost a burden. I ran after every 'ism without avail. Then I heard of Mazdaznan, and purchased Health and Breath Culture. I followed the exercises, and took the colon treatment every night. I took a three-days' fast, then popcorn for five days. I took five of those fasts with intervals of two weeks, then I fasted for twenty-nine days. Tumour and cancer are gone ; headaches are a thing of the past. I sleep like a child. What bliss, what joy ! I want every poor sufferer to know that there is a cure for all our ills ; a way out of all trouble.

ELIZABETH PRESTON.

Mariners, Harbor, N.J., U.S.A.



**PART TWO.**

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**COOKERY-BOOK.**



# BREADS AND BISCUITS.

## ANISE ZWIEBACK.

**B**EAT the white of five eggs, add yolks beaten with half a pound of sugar ; stir in same direction for twenty minutes until a perfect cream. Add one teaspoonful of anise seeds and half a pound of flour. Stir together until smooth. Bake in long, narrow tins with rounded bottoms in a moderate oven for twenty minutes. When partly cooled, cut with sharp knife into slices of three-quarters of an inch each, and brown in oven.

## BARLEY JOY BISCUITS.

Grind coarse two cupfuls of pearl barley and one cupful of whole wheat grain, mix thoroughly, adding two cupfuls of sweet milk. Knead quickly and roll out into thin layer with rolling pin. Set out into the sun to dry. Will prove very palatable if baked on soapstone or copper covered with thin glass.

## BREAD STICKS.

Take two cupfuls of milk, one well-beaten egg, one small teaspoonful of salt, three cupfuls of whole meal flour, freshly ground in the Mazdaznan Mill, one teaspoonful of oil, or sterilised butter. Beat the mixture out in the open air, if possible, for three-quarters of an hour, or until it cleaves from the basin, and put immediately into hot breadstick tins, and bake for thirty minutes in a hot oven. These sticks are particularly suitable for dyspeptic and constipated persons.

## BREAKFAST BREAD.

Wheat soaked for several hours, then steamed for two or more hours, then mashed to a pulp and when cool mixed with enough flour to roll out into layers and baked in a quick oven, will prove an ideal food.

## BROWN BREAD.

Take one pint of white "sponge" and add one and a half quarts of fresh graham flour, one tablespoonful sugar, one tablespoonful salt, and sufficient lukewarm water to form a stiff batter.

Knead it thoroughly for about half-an-hour. Set to rise at an even temperature ; when light, knead into loaves, using sufficient white flour ; let rise to about double the size, and bake one hour in hot oven. Have your pans well oiled or buttered. Do not mix batter over night.

### **CHESTNUT BREAD.**

One pound finely-ground chestnuts, two tablespoonfuls ground peanuts, one pound flaked rice moistened with milk to make into loaves. Set out in the sun for an hour. Cut into slices and serve with fruit or vegetables.

### **DAILY BREAD.**

Take one cupful of whole wheat and grind it coarsely. Next grind half a cupful of raw skinned peanuts, a quarter cupful of stoned dried prunes. Cream peanuts and prunes separately with the flour, then mix these together and eat dry. Will aid in regular habits and cure ailments of the bowels if eaten daily for several weeks, alternated with similar dishes. Use at one meal a day only.

### **FORCE CAKES.**

Grind in a mill half a cupful of whole wheat, and one teaspoonful each of pearl barley and rye. Mix with two tablespoonfuls of raw peanuts and one tablespoonful of pine kernels or Brazil nuts ; add half a cupful of dried apples. Moisten with unfermented apple juice. Form into small cakes and expose to the hot sun for half-an-hour. Eat slowly and masticate thoroughly. Use no drink with this bread.

### **FRUIT BREAD STRIPS.**

Take half a pound each of ground raisins and figs, of coarsely ground wheat, a quarter pound of skinned raw peanuts, two drams of gum arabic dissolved in enough rain or distilled water or fruit juices to moisten these ingredients, and roll them out into a stiff consistency. It is best to cream the raisins, the figs and the nuts with the flour separately, so as to be able to spray the consistency with water while rolling it out. Make into strips, one inch by six inches, and bake in the hot sun on oiled papers, until crisp and dry. It will keep when put up in oiled papers. One stick after dinner

will prove a good dessert, as it will assist digestion and promote elimination.

### **GRAHAM BREAD.**

To a quart of " sponge " add two parts of graham flour, a little Indian corn meal and salt. Wet and mix, and add half a teacupful of molasses to a loaf. Have the dough very soft. Knead well and set to rise. It takes longer to rise and longer to bake than white bread. Bake in a steady oven for about two hours.

### **HEALTH BISCUITS.**

Two cupfuls of flaked wheat, one cupful of whole meal flour, one-half cupful of finely ground rice, and two cupfuls of finely grated cocoanut. Mix and moisten with water into which you have beaten the white of an egg. Add the water slowly, mixing well. Make it a light substance. Roll it out with rice flour. If you want to keep the bread for any length of time, roll the dough out very thin with a rolling pin, cut into long narrow strips, and dry them. Put away in oiled paper bags. Will keep indefinitely. If you wish, you may use the yolks of eggs as well, but use little or no water. Eaten with fruit juices or cream this bread will prove very palatable.

### **HONEY BREAD FINGERS.**

One cupful of coarsely ground wheat, half a cupful each of finely chopped figs and prunes, two well-beaten bananas, and lastly half a cupful of strained honey. Roll out into layers of a quarter-inch thickness. Slice into finger breadth strips and put out into sun to bake. May be put into electric oven to dry. Will keep. Good for constipatives.

### **INDIAN CORN BATTER BREAD.**

Put half a pint of buttermilk in a tin and stir into it two teacupfuls of white Indian cornmeal. Dissolve half a teaspoonful of bicarbonate soda in half a cupful of milk and stir this into the above gradually. Now add two well-beaten eggs, one teaspoonful of oil and enough salt to taste. Bakes slowly until brown.

### **INDIAN CORN BREAD.**

Two cupfuls of white Indian cornmeal, two tablespoonfuls of sugar, one teaspoonful of salt, two tablespoonfuls of oil or butter,



two teaspoonfuls of baking powder. (If you cream the butter or oil with the flour thoroughly, and then add sugar and salt, the baking powder will not be necessary.) Now add quickly two well-beaten eggs, and two cupfuls of milk. Bake at once in a quick oven for thirty minutes.

### INDIAN CORN PONE.

Take one quart of yellow Indian cornmeal, half a pint of white flour, one teaspoonful each of salt and baking powder, one tablespoonful of clarified butter or olive oil, and one egg ; add sufficient sweet milk to make a soft dough. Put in oiled bread tins and spread over the top half a cupful of thick cream. Bake to a dark brown in hot oven.

### NELLY BREAD.

To three cupfuls of freshly ground wheat add half a cupful of milk or cream, and just enough cold water to make a thick batter. It is well to stir the dough thoroughly and quickly. Heat patty tins very hot and oil them well. Fill to the top with the thick batter. Set in top of a very hot oven for ten minutes, then lower the heat and allow to bake thirty minutes longer. Kept in dry place, will keep indefinitely. By wetting them with ice water and returning to oven for a few minutes they will always taste as if fresh. This kind of bread is liked by children and they thrive on it exceptionally.

### NUT BISCUITS.

Grind coarse half a cupful of blanched almonds, one tablespoonful of walnuts, two tablespoonfuls of pine kernels, half a cupful of flaked oats (or wheat, barley, rice, Indian corn, peas, beans, or lentils). Mix it all thoroughly and moisten with milk, water, or fruit juices. Spread in a thin layer. Sprinkle the top with St. John's bread flour, or chestnut flour, and expose to the heat of the sunlight for at least one hour. May be eaten with grapefruits or tomatoes.

### ORIENTAL FRUIT BREAD.

To one quart of lukewarm water add a pinch of salt and a small teacupful of olive oil. Wash and stone a pound of dates, put all or nearly all of them in the water. Grind your wheat very coarse in a Mazdaznan Mill, and add enough of it to the above to make it



like chicken feed. Do not have it too moist. Prepare it at night before going to bed. In the morning put in the rest of the dates, and about half a pound of the stoned raisins. Work it into the consistency of gum with your hands. Use covered tins. Put a little of the dough into the tin and sprinkle with raisins. On top of this put in more dough, and again raisins, and so on until all of it is in the tin. Cover the tin and set in a slow oven. Place a big tin on bottom of the oven, and fill with water, putting a grid on it, and on this place your bread tin. Keep the lower tin always filled with water. You may bake this bread for six hours. It will be perfectly soft and exceedingly palatable. To steam it you may put it in covered basins and steam it over boiling water like a pudding for six hours. Sometimes it is well to add a little water and work in a little linseed. Always grind your own linseed, and if you want the bread to be sweet, without any after taste, use the whole linseed. This bread will answer many demands by those of organic complications as well as others. Sliced and toasted, this bread will make rich blood.

### **ORIENTAL INDIAN CORN BREAD.**

Bring one pint of water, salted to taste, to a boil. Stir enough meal into it slowly to make a thick porridge. Take it off the fire, and beat it hard with a spoon. After it has become somewhat cool, beat into it two or three yolks of eggs, adding a little oil or clarified butter to it. Beat the whites of eggs thoroughly, and now stir them thoroughly into the consistency. Oil the tin, put the batter into same, and bake for half-an-hour in a hot oven.

### **POPPY BREAD SHAPES.**

Take half a cupful of poppy seeds, two figs, one date, three pods of St. John's bread (locust), and one cupful of chestnuts. Grind them all together. Mix with two tablespoonfuls of rice flour. Moisten with any fruit juice, cream, or white of eggs. Roll out until stiff. Pat in rice flour and allow to dry in the sun.

### **POTATO BREAD.**

Take five boiled potatoes, put through a colander, add two and a half quarts of lukewarm water, one cake compressed yeast thoroughly dissolved in half a cupful of lukewarm water, sufficient flour

to make the thickness of sponge cake. Beat ten minutes and put into a warm place to rise over night. In the morning add one tablespoonful of salt, two tablespoonfuls of sugar, and enough "low-grade" flour to make stiff dough. Put on breadboard, with flour to prevent sticking, then knead with knuckles and fists for half-an-hour. Put in warm place to rise; do not cover. When light, shape into loaves without kneading. When loaves are in tin, run a fork through them several times. When sufficiently raised, bake in hot oven for forty-five minutes, then change position of tins and bake fifteen minutes longer.

### **PROMOTIVE BREAD.**

Grind three-quarters of a pound of seeded raisins, one-quarter of a pound of figs, with three tablespoonfuls of linseed; add two pounds of coarse flour, and mix and bake in the same manner as unfermented bread. Use fresh when quick relief is desired, otherwise stale bread is advised. Slice it into one-half-inch slices and expose to the sun before putting into bread box. For constipation troubles, very good. Do not use this bread during periods or trouble will arise.

### **PROMOTION BREAD BALLS.**

Soak barley in enough water to cover. Let it soak until the glume begins to rise, which requires from twelve to thirty-six hours according to temperature. Pour off water, if any present. Set out dish into strong sunlight, and where the breeze will fan it. Spread out the barley on paper so as to dry quickly. Now grind it and add an equal quantity of raw peanuts. After thorough mixing, add enough rice flour to make it roll into little balls which are to be dipped into the white of an egg beaten with some lemon juice or orange or pineapple; smooth with rice flour and make a meal of it with additional fruit, small or seed fruits, which should be tart. Eaten two to three times a week, making a meal of it, will prove beneficial.

### **PROMOTION FOOD.**

To every quart of coarsely ground flour or half-and-half bolted flour and middling, take half a pint of finely ground raw peanuts,

add two heaping teaspoonfuls of sugar, and a small teaspoonful of salt. Knead into a light consistency and bake in the form of sticks or flat cakes, in a fairly hot oven. In summer may be baked in the sun. Sunbaked bread acts on liver more mildly and cures constipation after six weeks' use.

### **RYE BREAD.**

Make "sponge" of one quart warm water, one cake compressed yeast (or one teacupful wet yeast), thicken by adding sufficient rye flour to make a batter; put in a warm place to rise over night; in the morning scald one pint Indian cornmeal and when cool add to "sponge." Stir in sufficient rye flour to make a dough thick enough to knead; knead very little, put in deep pans, let rise again, then put into oven and bake one and a half hours.

### **SALT-RISING BREAD.**

Pour upon a teacupful of milk sufficient boiling water to bring it to blood temperature, about 90 degrees F.—higher temperature will result in failure—add a quarter of a teaspoonful each of salt and sugar; stir in one large tablespoonful of Indian cornmeal, or graham flour, and two teaspoonfuls wheat flour; mix all together to consistency of pancake batter and set to rise by placing the bowl containing the batter in warm water; should water gather on top, dust in a little flour and stir. If set in the early morning it will rise at noon. Mix as other bread, put in earthenware dish if possible, and let stand until light, when it is ready for the oven. If used with plenty of fruit it will not be harmful. Be sure not to use drinks of any kind when using salt-rising or yeast bread.

### **STEAMED BROWN BREAD.**

Take one pint each of whole meal flour and white Indian cornmeal, one teaspoonful of baking powder, and one teaspoonful of salt; mix thoroughly and add half a pint of sweet buttermilk or sweet milk, half a pint of sweet almond milk, one cupful of pure maple syrup or treacle, and one cupful of seedless raisins. Beat well together, and put into a buttered double boiler and steam four hours, then brown in a hot oven.



**SUN-BAKED BREAD.**

Take coarsely ground flour, moisten it with a little oil and more water, use very little or no salt, or salt the oil before adding it to the flour. Knead and beat the dough in a shady place. While beating add or, better still, spray water over the dough gradually. When light in consistency, make into thin layers the size of wafers. Heat some sheets of iron or tin in the sun and spread upon them oiled paper and on that put the cakes. Set out in the scorching sun, and let them bake all day. This bread will keep almost indefinitely if kept in tins and in a dry place. Should the layers ever become soft immediately rebake them. When eaten with fruit this bread not only acts on the bowels, but is one of the best remedial agents to cure constipation. Soft boiled eggs may be used in connection with this bread to hasten a cure. Raw peanuts ground into the flour will give good results, while those suffering from lung trouble ought to add pine kernels. Hard working people should use Brazil nuts or chestnuts with this bread. Brain workers will fare best by adding blanched almonds and raisins to the bread.

**TABLE BREAD.**

To two quarts flour add one teaspoonful salt, one teaspoonful sugar, two tablespoonfuls clarified butter, or pure olive oil, or nut meal. Mix one-half cake hop or compressed yeast with one pint lukewarm water, previously boiled, pour into middle of flour while stirring with wooden spoon until proper consistency for dough is attained, using more flour or water as may be needed. Knead the mass for half-an-hour or more. If properly stirred and kneaded it will rise to double its size in four hours. Knead again with a little flour, shape into loaves, and place into well-oiled warm tins. When sufficiently raised, place in heated oven, increasing the heat after fifteen minutes' baking. Bake one hour. When done take out of the tins, and brush with water or milk.

**UNFERMENTED WHOLE MEAL BREAD.**

Grind wheat grain medium coarse in a Mazdaznan grain mill. Grind as much as you expect to use, as freshly ground flour will rise more readily and retain its natural aroma and sweetness. Take



a quart of lukewarm water, one tablespoonful of cooking or olive oil. Stir the flour into the liquid until it forms a light paste. Stir rapidly and thoroughly. Cover the dish with a cloth and set in a moderately cool place for from three to six hours according to the season. The partly coarse wheat will swell and become aerated, consequently making the dough light. When ready for working the dough, add a little finer-ground flour and knead it with your hands for about half-an-hour, until it becomes gummy and rolls up like a ball, but it should not be stiff. Put into well-oiled tins which are covered or sealed. Fill tins not more than two-thirds, and place at once in a moderately heated oven. Let the bread bake for three hours before moving it. It should bake for at least four hours. It is well to have a little tin filled with water at one corner of the oven which will improve the baking of the bread by virtue of moistened heat (steam). If you want a soft crust, roll the bread in a wet cloth for one to two minutes as soon as it comes out of the oven, or brush it with a brush dipped in water and then rub it with the beaten white of an egg. When cold wrap the bread in waxed or oiled paper, seal, and put it away in an earthenware crock, and set in a dry place, keeping crock covered with paper. This bread thoroughly baked will improve with age. It digests easily and promotes action more readily than any other food.

### WHOLE MEAL BREAD.

Make a "sponge" from half a cupful of lukewarm water, one cupful of white flour, and half a cake of yeast dissolved in a quarter-cupful of lukewarm water; cover and set in a warm place, about 90 degrees F., until light and foamy. Add half a cupful of scalded milk cooled to lukewarm, half a teaspoonful of salt, sufficient whole meal flour to make a stiff dough. Knead thoroughly, and mould into a loaf. Put in a warm buttered pan, cover closely and set in a warm place until it rises to double its size, then put in a hot oven. After fifteen minutes, lower the temperature and continue baking for one hour.

Rye bread and graham bread may be made the same way, but they require longer baking.

# CEREALS.

## BABY FOOD.

**W**HEAT will make an excellent baby food where mother's milk is deficient or scant, and remember that however good the prepared, bottled foods may be, nothing can come up to a freshly prepared article, free from the suggestions of factory hands. Take half a cupful of wheat, soak it in half a cupful of water, and, as soon as all the water is absorbed, boil slowly or steam in one quart of water ; and when well done, mash through a colander and return to the fire, the gruel as well as the remainder in the colander. Add a teaspoonful of salt, and a pint of thoroughly sweetened milk, about three tablespoonfuls of sugar to the quart of milk, and let it slowly come to the simmering point. Now pass through a sieve and a butter-cloth. May be administered in a nursing bottle. Will also prove an excellent food for invalids. If patient or babe is found very poorly in health, add to the above, at the time the milk is being added, the flour of ten finely grated blanched almonds. The almonds are blanched by pouring boiling water on them, and after a few minutes the skin will come off by simply pressing them through the fingers. Dry them immediately and after a few minutes pass them through a *nut grater* not a *grinder*.

## CRACKED WHEAT.

Brown a quantity of cracked wheat in a moderate oven ; sprinkle into a saucepan of boiling water and boil for thirty minutes. Cream or cocoanut butter may be added.

## CREAM TOAST.

Make a cream by adding to a quart of boiling milk one tablespoonful of white flour blended with sufficient cold milk to form a smooth paste ; boil until smooth and creamy, stirring constantly. Add a little salt and a teaspoonful of cocoanut butter. Toast a number of slices of white bread to a golden brown in a moderate

oven, pour over each piece separately sufficient boiling water to soften, drain and lay on plates and cover with the cream. Very delicious and a splendid dish for convalescents.

### **FARMERS' RICE.**

To a cupful of whole meal flour add a pinch of salt, a teaspoonful of sugar, and sufficient cold milk to form a dry mixture ; add milk slowly, and work with a spoon to prevent the formation of large lumps. One beaten egg may be used instead of milk. Put two quarts of milk in a saucepan, set on the fire, and when the boiling point is reached, stir in the mixture slowly. Boil slowly for fifteen minutes, watching carefully to prevent burning. Very nutritious, and greatly appreciated by all having unperturbed appetites.

### **GRAIN AND FRUIT SALAD.**

Take a cupful of rolled oats, and spread in a large bowl. Over this put a layer of sliced pineapple, a very thin layer of rolled wheat, a layer of one cupful of mixed nuts, well chopped or ground, and another layer of pineapple. Pour over the whole the juice of three oranges. Set aside for an hour and serve with milk or cream.

### **GRAINOENA.**

Half a pound of pearl barley boiled together with a quarter of a pound of coarsely ground wheat, and a quarter of a pound of oatmeal, a quarter of a pound of flaked or coarsely ground pease, four ounces coarsely ground rye, cooked together in one vessel over a slow fire, stirring frequently to keep from scorching. When fairly well done, usually in forty-five minutes, allow it to cool. Cut into slices half-an-inch thick, and bake in slow oven until thoroughly dry. Keep in tins and oiled paper. When to be served grind coarsely, rebake for five minutes and serve with cream.

### **GRAINOL.**

Rebake slices of stale whole meal bread in a moderate oven, break with a rolling pin or grind in a mill to any desired fineness. Four tablespoonfuls will suffice for one meal. If white bread is used double the amount for each dish. Serve with cream, but without sugar.



**GRAINUTTA.**

Cut into thin slices stale whole meal and rye bread ; remove the crust, using the inside of the bread only. Allow it to dry thoroughly, then put into a moderate oven and allow both sides to become a dark yellow colour. When cold grind to a medium fineness. Put into jars and keep in a dry place. Before serving, place into a moderate oven for a few minutes. Serve with nut food or cream. Use two-thirds of wheat to one-third of rye bread. The outside crust can be preserved for making savouries.

**GRAPE GRAIN.**

The juice of grapes mixed with cracked or rolled wheat is the most palatable and easily digested food. Use two-thirds fruit juices to one-third the quantity of grain.

**ONION, APPLE AND WHEAT DISH.**

Wash two cupfuls of wheat and soak for a few hours or over night. Cook slowly for three hours in sufficient water to cover. While the wheat is cooking, peel and chop fine three large onions and fry for fifteen minutes in two tablespoonfuls of olive oil or nut butter. Simmer one teaspoonful of mixed herbs and two bay leaves in one-half cupful of water for ten minutes. Discard the leaves and add the liquid and the fried onions to the wheat, also adding one-half teaspoonful of curry powder, one-quarter teaspoonful of salt, five large grated apples, and one and one-half cupfuls of milk. Mix thoroughly and pour into a casserole and bake slowly for two hours. Serve with brown sauce.

**PLAIN DISH.**

Wheat, soaked over night and boiled from four to seven hours over a slow fire until it pops open, eaten with cream or oil, proves to be one of the most nourishing dishes. A bowlful of this wheat will prove more satisfactory than all the scientifically prepared dishes on the market, and besides you know you are eating pure food.

**PLAIN WHEAT DISH.**

To one cupful of wheat coarsely ground and soaked over night or for a few hours, use one egg well beaten and half a cupful of cream added to it, which you pour over the wheat. Use neither salt nor



sugar. You can get your corn chandler to grind the wheat for you if you have no grinder of your own. For a change you can soak a few raisins with the wheat, which gives it a decided flavour and sweet taste. A few blanched almonds, ground and mixed with toasted wheat flakes or soaked wheat, will furnish a nice dish. Instead of the cream, and where something warm is preferred, a hot cereal drink may be poured over the wheat.

### **POPCORN.**

Pop as usual and grind moderately fine. Use one teaspoonful ground peanuts or almonds to every three tablespoonfuls of ground popcorn. Serve without milk.

### **ROLLED OATS.**

Soak half a cupful of rolled oats in a cupful of any fruit juice (except lemon or lime) for fifteen minutes, and sprinkle with almond meal.

### **SAVOURY WHEAT DISH.**

Wash one and one-half cupfuls of wheat and soak for a few hours or over night. Cook slowly for three hours in sufficient water to cover. While the wheat is cooking, peel and chop fine three or four large onions and the same quantity of tomatoes and celery sticks. Fry these vegetables for fifteen minutes in two tablespoonfuls of olive oil or nut butter. Simmer one teaspoonful of mixed herbs and two bay leaves in one-half cupful of water for ten minutes. Discard the leaves and add the liquid and the fried vegetables to the wheat, also adding one-half teaspoonful of curry powder, one-quarter teaspoonful of salt and one and one-half cupfuls of milk. Mix thoroughly and pour into a casserole and bake slowly for two hours. This dish will prove more satisfactory than all the scientifically prepared dishes on the market and you know that you are eating the best that nature can produce.

### **SHREDDED WHEAT.**

Brown the biscuits in a slow oven, break with rolling-pin or grind in a mill. Serve with milk or cream. The addition of almond or walnut butter will greatly improve the flavour. Obese persons should eat such preparations without cream or nuts.

**STEAMED WHEAT.**

Take a cupful of whole wheat and soak for several hours or over night, if in winter. During summer soak for four hours only. Soak only in as much water as the wheat will absorb. Put it into a fine wire sieve, and place the sieve over a kettle of boiling water, covering the pot so the steam will pass through the sieve containing the wheat. One minute of steaming is all that will be necessary to give the wheat a most delicious flavour and taste. Eat with oil or cream, or with ground nuts.

**SWEET-CORN.**

First-quality sweet-corn, parched and ground moderately fine and soaked in cream or milk, makes a very wholesome dish. If boiled five minutes before serving, the flavour will be greatly improved.

**TAROETTA.**

To each beaten banana add two cupfuls of mashed potatoes, and work into a solid consistency with as much ground rolled oats as necessary. Roll out into strips half an inch thick, and to dry them bake in a slow oven for an hour. When cold grind fine. Keep in air-tight tins. Use two tablespoonfuls of the powder in one pint of fresh milk or buttermilk before meals to tone up the stomach.

**WHEAT DISH (NO. 1).**

Pick over a cupful of wheat grain and pour enough water over the same to cover it well. Let it stand for four or more hours. Add two tablespoonfuls finely-ground raw peanuts, and one cupful of scraped apples. Mix them thoroughly, and eat slowly. Very nutritious and highly palatable.

**WHEAT DISH (NO. 2).**

Soak for half-an-hour a cupful of cracked wheat in two cupfuls of milk. Add a little pineapple to flavour and sprinkle blanched almonds or pine kernels over it. Serve with apple soufflé.

**WHEAT GRUEL.**

Take one cupful of wheat, grind into coarse flour, and sprinkle into three pints of boiling water; stir frequently. Add two tablespoonfuls of butter, and salt to taste. Served with cream is a

better dish, and more wholesome than any predigested, dextrinised breakfast food.

### **WHOLE-WHEAT MESS.**

Soak one cupful of whole-wheat for six to eight hours in just enough water to cover the amount. Put into a steamer, so the wheat does not touch the water. Allow to steam for five minutes. Butter thoroughly, salt and serve with fruit juices or sauces or cream.



# FRITTERS AND PANCAKES.

**I**N making good fritters and pancakes it is necessary to use a cold vessel, and all the ingredients to be used should be as cold as possible. The batter should be made in a cool place or out of doors in the shade.

Everything in the line of unfermented breadstuffs must be cold, except the oven or the oil used in baking.

In bread-making the rule is to have everything warm, even the water. But if you want good fritters or pancakes, use ice water, iced eggs, and iced fruits.

Pancakes may be eaten by the most sensitive invalids, provided the batter is made in the manner given, and is particularly well aired, which requires quick beating in the cold air.

We make pancakes in the midst of winter before a cold open draught, and without the use of any powders or sodas ; they rise and swell far more than if cream of tartar were used.

We do not recommend any of the prepared baking powders or sodas in foods, but do consider them, as well as many other mineral compounds, as remedial agents in case of emergency, and where used judiciously.

In the summer it is well to ice everything, and instead of using eggs, would recommend albumen products.

In kidney, bladder and stomach troubles we would advise omitting the use of eggs and albumen entirely for a time, and where water is to be used to make batter, always dissolve four drams of gum arabic to the pint of water.

Eat foods so prepared that they act as a medicine at the same time.

## ALL-DAY PANCAKES.

Take a cupful of sifted flour ; add a quarter of a teaspoonful of salt and a tablespoonful of sugar. Stir it all well. Add one well-beaten egg and thin the batter with warm milk. Beat the batter well, and let it stand for half-an-hour. The tin should contain

about a half inch of oil. Pour spoonful after spoonful of the batter into the tin at various places, for the smaller the cakes the nicer they will be. Turn them over as soon as the underside begins to turn a brown colour. Let no draught strike them while baking. Let them bake nice and crisp and you will be able to use them even when cold.

### **FRUIT PANCAKES.**

Very palatable pancakes can be made by taking a cupful of flour, a tablespoonful of sugar, a quarter of a teaspoonful of salt, and a dash or two of cinnamon. Stir well, and add two thoroughly beaten eggs ; lastly one cupful of ice-cold milk. Take two apples, peel them and slice very fine. Stir into the batter. Bring about half an inch of oil in frying-pan to high heating point and drop in the batter by the tablespoonfuls. Fry to a golden brown. See to it that the batter remains cold ; set it by the open window or door, or in the ice chest.

Instead of apples, bananas, peaches, pears, plums, persimmons or currants may be used, each and every one developing specific medicinal properties in accordance with preparation.

If desired, left-over cooked vegetables may be used, like onions, parsnips, salsify, carrots and pumpkins, to good advantage.

Remember, never use water to make the batter with where fruit vegetables are to be used in the combination.

### **GERMAN PANCAKES.**

A pint of milk, four eggs, a heaping tablespoonful of flour, and a saltspoonful of salt. Beat eggs together well, adding flour and salt, then milk. Beat all together until perfectly smooth. Bake in a small frying pan, using three tablespoonfuls of the mixture for each cake. Pile up on a plate, and when all are baked sprinkle the top with powdered sugar. Cut in sections as tarts are served. These should be very light and delicate.

### **GERMAN POTATO PANCAKES.**

Grate fine six large raw potatoes and one onion ; add three well-beaten eggs, a tablespoonful of sugar, three tablespoonfuls of flour to bind the mixture, and salt to taste. Mix as you would

griddle cakes and fry in hot olive oil until brown and crisp. Serve with apple, cranberry sauce or rhubarb.

### **GRIDDLE CAKES.**

Beat an egg thoroughly and add to it ice-cold sweet milk, a tablespoonful of butter or vegetable oil, a heaping teaspoonful of sugar, a small teaspoonful of salt, two scant teaspoonfuls of egg baking powder, and sprinkle in flour enough to make a thick batter, or a heavy cream, and fry in hot oil.



## SOUPS.

THE first course of all dinners should be soup. It has an appetising and refreshing effect upon the stomach, which is thus fittingly prepared for the work of digesting the more solid foods that are to follow.

Soups should not be taken while hot, as they soften the stomach and lay a foundation for neuralgic conditions of that organ. They should be allowed to cool to a moderate temperature.

Neither beverages nor food should be taken into the stomach while hot. This organ is more sensitive to heat and cold than the mouth, and protests against abuse will be entered for presentation at some future time.

Vegetable oils, such as cottonseed, olive or cocoanut, added to soups will give finer flavours than animal oils ; and finely chopped or ground nuts greatly surpass ox tails and shin bones for making soup stocks.

Ketchup is one of the best condiments for use in flavouring soups, but black pepper and an excess of salt should be strictly avoided.

An endless variety of soups will suggest itself as we learn to use our own judgment in preparing them, for the preparation of a good soup is indeed an art. The reason most people do not care for soups is because they have never tasted the fine oil soups which give strength and stamina.

### ASPARAGUS SOUP.

Boil one quart of finely chopped asparagus in one quart of water for ten minutes ; pour off the water, put on two quarts of fresh water and boil twenty minutes ; strain the asparagus, and mash through colander, then return it again to the water from which it was taken. Cream one tablespoonful of flour with one tablespoonful of oil, stir into one pint of heated milk and boil a few minutes ; salt to taste and pour into asparagus. Let all come to a boil and pour over toasted bread cut in cubes, and garnish with parsley.

**BARLEYBON.**

Put half a cupful of pearl barley into two quarts of water ; add two sticks of celery and a tablespoonful of olive oil ; boil for three hours over a slow fire. Add one whole onion, one cupful of strained tomato juice, and one tablespoonful of nut butter. Continue boiling for forty-five minutes. Brown in a frying pan one tablespoonful of flour mixed with one tablespoonful of oil ; add two cupfuls of water, one teaspoonful of salt. Pour this into the soup and boil for a few minutes. Remove the onion and celery before serving. A good dish all the year round.

**BEAN SOUP.**

Soak over night one teacupful of beans in sufficient water to cover. Pour off the water, then add one quart of fresh water and boil for half-an-hour. Pour off this water, and again add two quarts of boiling water and boil for six hours. Mash through a colander, and then add a half pint of well-cooked tomatoes, a sprig of parsley and a tablespoonful of oil ; cook for half-an-hour longer. Add one pint of milk and serve.

**BOUILLON SOUCI.**

Take a teaspoonful of oil to each cupful of water. Let it come to the boiling point, and thereafter simmer for ten minutes. Salt it to taste after boiling. Take a clove of garlic and rub the warmed bowl or plate with it, rubbing the garlic well into centre of the dish. Now cut some green parsley into the dish. Pour the boiling or hot broth into the plate and sip it as warm as you can take it, masticating the parsley well.

**CELERY SOUP (NO. 1).**

Take five stalks of celery with the leaves, cut fine and boil for ten minutes in a quart of water ; pour off the water, and add two quarts of fresh water, a clove of garlic, a tablespoonful of olive oil, and a tablespoonful of nut butter ; boil for two hours, and then add three cupfuls of milk and a cupful of milk thickened with a little flour ; boil again for a few minutes, and serve.

**CELERY SOUP (NO. 2).**

Take a cupful of finely chopped and bruised celery, and the juice of an onion. Pour a pint of milk over it while stirring, and let

it stand for several hours. Now take a cupful of rice flakes or flaked peas, put them into colander and pour well salted cold water over them three or four times, using the same water again and again. Now put as much of the flakes as desired into a soup plate, adding a little parsley, and pour the soup over it. Season with celery, salt or cayenne pepper.

### **CEREAL SOUP.**

Take a cupful of any kind of rolled or crushed grain or cereal. Pour enough water or sweet milk over it to more than cover it. Let it stand for two or more hours. Take the juice of fruits or a quantity of finely chopped vegetables to flavour with. Now thin it down with as much milk as desirable to make it a soup. Before serving add a dash of cayenne pepper, celery salt, and salt to taste. Do not mix fruits with vegetables if you desire good results.

### **CONSOMMÉ VEGETAL.**

Take two carrots of medium size, a turnip, a stalk of leek, two onions, two tablespoonfuls of rice and a tablespoonful of barley, four tablespoonfuls of oil and two quarts of water. Boil for forty-five minutes and then add water to suit, allowing it to simmer. Salt to taste. It will then be ready for use. Break an egg into a bowl, remove the germ and pour the hot broth of your soup over the egg. As soon as you see the white of the egg cooked, stir up the yolk, and let it mix with the broth. If you desire you may sprinkle a little green parsley over the broth.

### **CRACKED BARLEY SOUP.**

Boil two tablespoonfuls of cracked barley in two quarts of water for three hours. Stir in slowly one pint milk, one well-beaten egg and one teaspoonful of salt.

### **CREAM OF BEANS SOUP.**

Boil until soft and mushy a breakfast-cupful of haricot beans. Mash through a sieve, and add a quart of milk, a well-beaten egg, two tablespoonfuls of olive oil, a dash of salt and cayenne pepper. Return to the fire and let it all come to the boiling point. If a thick soup is desired retain one tablespoonful of the olive oil and cream it with one heaping dessert spoonful of flour, after browning



it in a saucepan and smoothing it with part of the soup, then pouring it all together, allow it all to boil together.

### **CREAM OF CHEESE SOUP.**

Put into a quart of milk, a slice of onion, a slice of carrot, and a blade of mace, and boil in a double boiler. Rub two tablespoonfuls of flour into four tablespoonfuls of olive oil ; remove the vegetables and mace from the milk, after it begins to boil, and add the flour and oil, and stir the mixture until it thickens. Now add three heaping tablespoonfuls of grated Parmesan cheese and stir for three minutes ; add the beaten yolks of two eggs, salt and cayenne pepper to taste, and serve at once. This soup should not be heated over again.

### **CREAM OF TOMATO SOUP.**

Take a tin of tomatoes and add a bruised bay leaf, a blade of mace, a sprig of parsley, and let them stew for fifteen minutes. Put a quart of milk on to boil in a double boiler, and when boiling add two tablespoonfuls of flour mixed with two tablespoonfuls olive oil, and stir constantly until it thickens. Now press the tomatoes through a sieve and if ready to use the soup, add a teaspoonful of sugar and a quarter teaspoonful of baking soda to the tomatoes, and then the boiling milk ; stir and serve immediately. It must not go on the fire after mixing the milk with the tomatoes, or it will separate. If you are not ready to serve the soup let them stand on the fire separately and mix when wanted.

### **GARLIC SOUP.**

Grate a clove of garlic into a pint of sweet milk, add two tablespoonfuls of blanched raw peanuts, finely ground. Let it stand for a half hour or more. Strain it through a sieve, and pour upon flaked corn. Season with a pinch of salt and a dash of cayenne pepper or curry.

Instead of corn any of the flaked cereals or pulses may be used. For good results it is best to put a small quantity of the flakes in a colander and pour the milk soup over it two or three times. Then put flakes into a plate and pour the soup over it. This will make the flakes fluffy.

### GRAIN-TOMATO SOUP.

Take two fresh tomatoes, mash them through a colander, and pour the juice gradually into a bowl containing a cupful of milk. Pour the whole into a bowl containing crushed rice or rolled wheat.

### GRAIN-VEGETABLE SOUP.

Put one tablespoonful each of rice, chopped sweet corn, and cracked barley into a stock pot ; pour on one quart of water and boil one hour. Chop fine two sticks of celery, one onion, turnip, carrot and sweet potato ; add to the soup, together with a quart of water. Boil for two hours over a slow fire, then add one quart of boiling water. Take one cupful of flour, a half teaspoonful of baking powder ; mix well and rub with one tablespoonful of nut butter or oil, and one well-beaten egg. Roll into small balls, drop into soup and boil for thirty minutes. About five minutes before removing from the fire, add two teaspoonfuls each of parsley, peanut butter, peanutta, and one teaspoonful each of thyme and salt.

### MILK SOUP.

Soak for an hour one cupful of flaked rice in a pint of milk, add a pinch of salt. When ready for use, add a cupful of tomato juice and season with celery salt. Follow this by a salad of sliced carrots with walnuts served on lettuce with cress, and you have an ideal meal.

### NUT SOUP.

One cupful of ground chestnuts, and half a cupful of finely ground raw peanuts. Pour over it either milk or any desired fruit or vegetable juice, enough to a little more than cover the nuts. Let this stand for an hour or more. Now thin down to the consistency of soup with either sweet milk or buttermilk. (Buttermilk during the summer season is preferred.) Have the soup plates rubbed with garlic. Put in the flaked rice, or any other cereal you like, as oatmeal flakes, rolled wheat, crushed barley. Season with a dash of nutmeg and cayenne pepper.

### ONION SOUP.

Grind fine two onions and press out all the juice. Add to it four finely sliced tomatoes, two tablespoonfuls of finely ground pine kernels, and the beaten white of an egg. Eat with any grain.

**PARSLEY SOUP.**

Take two tablespoonfuls of oil to three pints of water, and boil it with a bunch of parsley. Let it boil slowly for twenty or thirty minutes. In the meantime take one tablespoonful of oil and half a tablespoonful of white flour, and put them into a frying-pan over a hot fire, allowing the mixture to brown, and stirring it to keep it from burning.

As soon as browned to a golden colour, add hot water gradually stirring it continually until thinned to a liquid. Pour it into the broth, let all boil together for a minute and then serve.

**PEA SOUP.**

Put one quart of green peas and one onion into a stockpot ; pour on sufficient water to cover and boil forty-five minutes. Mash through a colander, and add one pint of water. Fry one tablespoonful of flour in two tablespoonfuls of oil until a very light brown. Add one cupful each of milk and cream, and a teaspoonful of salt. Pour all into the soup, boil a few minutes and serve.

**RICE-MACARONI SOUP.**

Boil one tablespoonful of rice, one onion, one cupful of broken macaroni, and one tablespoonful of oil in two quarts of water for forty-five minutes. Add one teaspoonful of salt and two tablespoonfuls of finely chopped green parsley, and allow it to boil a few minutes longer. Add two tablespoonfuls of ketchup or pine kernel butter for flavouring, if desired.

**RICE SOUP.**

Boil one tablespoonful of well washed rice in one quart of water for an hour ; add the juice of two boiled tomatoes, one tablespoonful each of olive oil and peanutta ; one teaspoonful of salt. Boil for a few minutes, then flavour with two tablespoonfuls tomato ketchup.

**SOUP FOR INVALIDS.**

Just after a siege of sickness, when abstinence from food proves the only successful means of conquering the disease, giving the body an opportunity to recuperate, soup will prove most beneficial. It should be remembered that it is not well to eat bread or biscuits unless the soup is merely a plain combination of oil and water,



in which case the bread should be cut into small squares, toasted, and the boiling water and oil poured over it.

Invalids should use the broth of soups only for several days, and later on use the stock.

### **SWEET-POTATO SOUP.**

Boil six small or four medium-sized sweet-potatoes ; when done, peel and mash through a sieve. Dissolve two tablespoonfuls of finely ground pine kernels in a quart of hot water ; add one small grated onion, one teaspoonful of salt, one teaspoonful of celery seed, and boil for ten minutes, while the sweet-potatoes are being prepared. Strain the soup and mix in the sweet-potatoes ; now return to the fire and add two tablespoonfuls of olive oil, a dash of cayenne pepper, and let it boil for a few minutes before serving.

### **THE BROTH**

Of the soups as given in routine may be used after the fast has been broken, adhering to each kind of broth for a day or two before resorting to another.

### **TOMATO SOUP.**

Boil four or five tomatoes for one hour in sufficient water to cover ; strain through a colander, again put the juice on the fire, and add half a cupful of milk which has been thickened by the addition of a little flour. Boil until slightly thickened, adding slowly one quart of milk after boiling. Serve with dry toast. This may be flavoured with a little parsley, onion or celery.

### **VEGETABLE SOUP.**

Chop finely one onion, four French beans, one small ox-heart carrot, half a green pepper, one stick of celery, or put in a pinch of celery seed, one tomato, a sprig of parsley, a small parsnip ; a sprig of cauliflower, one tablespoonful of oil ; boil all together for an hour in two quarts of water. Add a teaspoonful of salt and one cupful of milk.

### **VEGETABLE STEW.**

Take one bunch each of carrots, beet-roots and onions, two quarts of new potatoes, five tomatoes, one cupful of oil, half a teaspoonful each of salt and celery seeds, and a dash of red pepper ;

cover the vegetables with a quart of water and boil slowly for an hour.

### **AN ENDLESS VARIETY OF SOUPS**

May be made by using different kinds of nuts to make stock with, and the juices of vegetables, excepting rhubarb and tomatoes, which should be added when served and not allowed to stand.

## SALADS.

**S**ALADS made without vinegar or strong spices are appetising and quite wholesome. They should be eaten only in moderate quantities, and, with nutritious nuts and grain foods, form a valuable adjunct to a well-balanced meal. A little study of their nature and qualities will enhance their value. In making salads do not mix fruits with vegetables. Nuts may be used with either fruits or vegetables.

### BEET-ROOT SALAD.

Slice and cut into dice enough cold beet-roots to make a pint ; heap them in the centre of a dish and surround with leaves of head lettuce. Make a Sauce Tartare as follows : Chop very fine four olives (stoned), one tablespoonful capers, one gherkin, and mix with one cup of mayonnaise dressing. Pour this over the beets and garnish with slices of hard boiled eggs.

### CAULIFLOWER SALAD.

Boil a head of cauliflower ; place it into cold water until wanted, then tear apart and dry on a soft towel, put in a salad bowl and pour over it a cupful of mayonnaise dressing ; garnish with lettuce leaves and slices of hard-boiled eggs. Serve immediately.

### CUCUMBER SALAD.

Peel and cut crosswise into very thin slices four medium-sized green cucumbers ; place into a large bowl, and mix thoroughly with one teacupful of salt. Cover and let stand one hour, then wash quickly in two waters to remove salt. Mix two tablespoonfuls of lemon juice with one cupful of thick sweet cream, and pour over the sliced cucumbers. Serve on lettuce leaves garnished with cress and parsley. The soaking of cucumbers in salt for an hour effectually removes the poisonous acids which so frequently cause cholera morbus.

### DELICIA SALAD.

Slice one apple, two bananas and three prunes. Spread over a half cupful of soaked grain of any kind and serve with nut cream.



**EGG SALAD.**

Remove the shells from five or six hard-boiled eggs, cut lengthwise. Take out the yolks, being careful not to break the whites ; mash the yolks to a paste, moistened with mayonnaise dressing, then return to the whites, filling them to their utmost. Have ready a dish filled with little nests made of lettuce leaves, and place one of these halves in each nest.

**FIG SALAD.**

Take six figs, one date and two sweet prunes, have them chopped finely. Add two tablespoonfuls of finely ground St. John's bread (locust fruit), and the juice of two persimmons. Served with flaked tapioca and rice makes a good meal.

**FRENCH FRUIT SALAD.**

Peel and slice thinly two seedless oranges ; add same amount of sliced pineapple and three tablespoonfuls of finely chopped almonds. Serve with mayonnaise dressing, fruit juices or whipped cream.

**FRUIT SALAD.**

Take apples, bananas, pineapple and oranges ; peel and slice them using an equal quantity of each. Sprinkle with coarsely ground pine kernels and almonds. Serve with oilless mayonnaise dressing garnished with candied cherries. Do not use tinned fruits for fruit salad.

**FRUTA SALAD.**

Cut fine with scissors fifteen seeded raisins, three prunes, and one fig ; spread over a half cupful of mashed malted barley, rolled oats or wheat. Pour over it half a cupful of nut cream, and let it stand for fifteen minutes before serving.

**JARAH.**

Take one sliced pear, twelve grapes, one sliced orange, one tablespoonful each of finely ground walnuts and pine kernels. Serve with flaked rice in half an orange skin, cut like a little basket ; and use nut cream if desired.

**LETTUCE SALAD.**

Wash and break the leaves from two large lettuce heads. Place in a salad bowl and pour over it a suitable dressing. Garnish with sliced tomatoes and finely chopped onion tops.

**MACEDONIAN SALAD.**

Use one boiled beet-root, one small onion, one root of celery, one boiled carrot, half a cupful of boiled asparagus tops, two tablespoonfuls of cooked green peas, one dozen boiled French beans, and one cupful of mayonnaise dressing. Cut the beet-root, carrot, beans and celery into small pieces, chop the onion very fine, mix all the vegetables carefully together, and then add the mayonnaise, and serve *immediately*. If the vegetables are properly prepared this makes a delicious salad.

**NASTURTIUM SALAD.**

Slice two hard-boiled eggs over a dish of shredded lettuce leaves, and sprinkle with nasturtium blossoms. Serve with French dressing.

**NUT-CELERY SALAD.**

Put one cupful of shelled walnuts in a saucepan, add two slices of onion and half a teaspoonful of salt ; cover with boiling water, and boil for thirty minutes, and then place into cold water to blanch ; dry on a towel and rub off the thin skins. Mix the nuts with two cupfuls of sliced celery and add French dressing to suit the taste.

**NUT-FRUIT SALAD.**

Peel and core four tart apples and cut in very small cubes, mix with it a pound of blanched English walnuts. Add sufficient pine kernel dressing to suit the taste. Garnish with sliced orange if desired, and the flavour will be greatly improved by the addition of finely chopped citron peel.

**ONION SALAD.**

Use two onions, one small bunch of radishes, one turnip sliced finely, and mix thoroughly. Add two tablespoonfuls of finely-ground peanuts, and a little oil and lime juice. Serve on large cabbage leaves sprinkled with celery leaves and a pinch of savoury herbs.

**PLAIN EGG SALAD.**

Boil six eggs for fifteen minutes, and when done remove the shells and cut in slices lengthwise. Arrange them on a platter so that the slices overlap each other. While the eggs are still hot pour over them simplicity dressing, and put away in a cold place for one or two hours. Garnish with watercress or small leaves of head lettuce.

**PLAIN POTATO SALAD.**

Cut six cold boiled potatoes into small cubes, add two finely cut raw onions well creamed in oil, one tablespoonful of minced parsley, and sufficient French dressing or mayonnaise to suit taste. Put in a salad bowl and garnish with two hardboiled eggs cut in thin slices, and the crisp leaves of one head of lettuce.

**POTATO SALAD.**

Use two raw potatoes, one small turnip, a carrot, two onions, one cucumber, all finely sliced. Add one beet-root, finely grated, three tablespoonfuls of oil, a pinch of celery seeds and the juice of two lemons. Mix it well and serve on lettuce leaves garnished with plenty of parsley.

**RAW SALAD.**

Use raw spinach and watercress in equal proportions, and a small bunch of parsley, all chopped together, and served with mayonnaise dressing or French dressing on shredded lettuce.

**ROYAL POTATO SALAD.**

Select potatoes of small size. Scrub them well in cold water and place in an earthenware or enamelware pot. Pour over them enough cold water to keep the potatoes covered. Drop into the pot a small amount of dried or green dill or caraway seeds tied in a piece of muslin. Let the potatoes boil quickly, keeping the pot well covered and gradually turning down the fire as the water evaporates. As soon as the potatoes are done, pour off the water and return the pot to the stove, leaving it uncovered, until all moisture steams away, taking care not to scorch the potatoes. Let the potatoes get thoroughly cold, then to every three potatoes use one onion the size of one of the potatoes. Cut the onions fine, and pour over them enough hot olive oil to cover them. Now peel the



potatoes and cut into thin slices, and mix it all thoroughly. Use some finely cut green parsley, a little celery seed, and salt to taste. Add one finely cut dill pickle to every fifth potato. Now mix again. Use one tablespoonful of oil and a teaspoonful of boiled grape vinegar to every four potatoes, heating the oil and vinegar in separate vessels. First pour the hot vinegar over the salad and then the oil. Flavour with lemon juice or serve with sliced lemon and grated raw beets.

### **ROYAL SALAD.**

Grind or grate raw beets, carrots, onions and turnips, two of each, or cut them very fine ; double the quantity of raw cabbage and mix them all together. Salt to taste, and sprinkle well with celery seeds. Season with lemon juice and add two tablespoonfuls of oil, mixing thoroughly. Serve with whites of two eggs thoroughly beaten with the juice of one lemon.

### **SALSIFY SALAD.**

Take two roots of salsify (oyster plant), scrape while holding them under the water ; slice thin and salt it well, letting it stand in the water for half-an-hour. Pass the slices through cold water quickly two or three times. Take cabbage or lettuce leaves finely shredded, and put into salad bowl. Over this spread bleached celery, finely cut or split, and on top of that put a layer of the salsify. Sprinkle with paprika or a little cayenne pepper and cover with decimayonnaise.

### **SPINACH SALAD (NO. 1).**

Use three cupfuls of spinach and two onions finely cut, and half a cupful of parsley. Mix all together. Add a pinch of thyme, olive oil to suit the taste and lemon juice or decimayonnaise. Serve with mushrooms and red rice.

### **SPINACH SALAD (NO. 2).**

Wash and pick over one peck of spinach ; cook until tender with half a cupful of water. Drain and chop very fine ; then add the chopped whites of two hard-boiled eggs and French dressing to suit the taste. Put in a salad bowl and garnish with the crisp leaves of one head of lettuce, and one hard-boiled egg, cut into thin slices.

**TOMATO SALAD.**

Select large, smooth tomatoes, scald them, skin quickly, and drop them into cold water to chill. Slice them and put in a salad bowl, in layers alternating with the following preparation : a small quantity of onion, parsley, and cress finely chopped and mixed with mayonnaise dressing. Garnish with lettuce leaves or cress.

**VEGEFRUIT.**

Slice two tomatoes, one small onion, the tops of green onions ; add one tablespoonful of finely-chopped parsley, a pinch of celery seeds, one tablespoonful of finely-ground Brazil nuts and one tablespoonful of olive oil. Serve upon lettuce leaves with cream mayonnaise.

**VEGETABLE SALAD (NO. 1).**

Cut into quarter-inch cubes one cold cooked beet-root, one cold cooked carrot, one cold cooked potato, and a few cold green French beans. Mix with mayonnaise dressing, and garnish with crisp leaves of one head of lettuce.

**VEGETABLE SALAD (NO. 2).**

Cut fine one head of lettuce, two onions, two tomatoes. Chop together one cupful of fresh sweet peas and two tablespoonfuls of peanuts. Serve on lettuce leaves covered with parsley and Decimayonnaise.

**VEGETABLE SALAD (NO. 3).**

Take one cupful each of cabbage, celery, cauliflower, asparagus and tomatoes, two large onions, all finely-chopped. Add two tablespoonfuls of olive oil, a pinch of celery seeds. Serve on lettuce leaves with salad dressing.

**WALDORF SALAD.**

Take good-sized apples and pare them carefully ; scoop out a good deal of the inside to make a cup. Then take what is scooped out of the apples, chop fine and mix with chopped nuts and rich mayonnaise dressing. Fill the apple cups with this preparation and serve on lettuce leaves.

# VEGETABLES.

## ASPARAGUS.

**P**UT it in boiling salted water, drain off the water after boiling five minutes ; pour on fresh boiling water, and let it cook for fifteen minutes. Add a little salt and olive oil. Serve with toast. The tops of asparagus should be purple in colour, not green, to insure their being edible. This vegetable contains valuable salts and acids, and should be freely eaten. Discard the woody or tough portion, as it is indigestible.

## BAKED BEANS.

Wash the desired quantity of beans and soak over night in sufficient water to cover. In the morning drain them and boil in fresh water for fifteen minutes ; pour off the water, put the beans into an earthen baking pot, and add one tablespoonful of molasses, one teaspoonful of mustard, one tablespoonful of olive oil, a little salt, and sufficient water to cover. Put the lid on the crock and cook slowly all day in the oven. Add water occasionally until an hour before taking from the oven. Serve with ketchup.

## BEANS.

All the numerous varieties of beans belong to the pulses. They are more or less rich in phosphates and salts in general, but are not considered highly organised. They are the poor man's food and cheaper than potatoes, because of their enormous amount of nutrition. They should be used sparingly except where one is engaged in manual labour.

## BEETS.

Use only the crisp red varieties. The large sugar beets are woody, and of little value except for the saccharine matter which they contain. Boil whole, without cutting ; then slice and serve with lemon juice, but not vinegar.

## BOILED ONIONS.

Peel the onions and put in a covered saucepan with cold water and boil for one hour. When done add a tablespoonful of chopped



parsley, and a little flour mixed with sweet milk ; boil for five minutes, and then serve. Young or old onions may be used.

### **CABBAGE.**

Do not boil cabbage. Boiled cabbage and sauerkraut are practically indigestible and should not be eaten. Make a cold slaw by slicing the cabbage fine ; serve with or without lemon juice, but not with vinegar. Thick sweet cream and lemon juice make a very palatable dressing. A small pinch of mustard may be added if desired.

### **CARROTS.**

Select the ox-heart variety. Boil for one hour or until tender, and then add the desired quantity of milk into which has been creamed a little flour. Boil for five or ten minutes, and then serve. It is better to use carrots for soups, as they have no special food value.

### **CAULIFLOWER.**

Tie up the cauliflower in a coarse tarlatan and boil for one to two hours in water to which has been added a little salt. Drain and lay in a deep dish. Heat a cupful of milk, add a little flour which has been creamed in a little cold milk, the beaten white of one egg and a pinch of salt. Boil for a few minutes, stirring briskly. Remove from the fire, add a little lemon juice, pour over the cauliflower and serve.

### **CELERY.**

This vegetable is particularly valuable as a blood purifier. It aids in restoring depleted nerve forces, tones up the system, and its use is highly beneficial in cases of nervous prostration and kidney disorders. It may be used to advantage in soups.

### **CUCUMBERS**

Are of value for salads, and should be used only when prepared as such. They contain no nutriment, but are very cooling to the blood when served with lemon juice, but not with vinegar.

### **DANDELION.**

Prepare the same as spinach. Its blood-purifying properties are many.

### ENDIVE

Belongs to the same class as lettuce. There are many varieties, as there are many varieties of lettuce, of which the head lettuce is the better for general use, while Roman lettuce proves of value to the scrofulous. Of endive, the solid variety is the better. It should be eaten without salt or dressings to be of medicinal value to the kidneys and the bladder.

### FRENCH BEANS.

String, wash and prepare the beans, slicing them fine ; boil in plenty of water for fifteen minutes ; drain, and pour over them two quarts of boiling water. Boil for one and a half hours. Add a little salt, two tablespoonfuls of oil into which has been creamed two tablespoonfuls of flour, and one cupful of sweet cream.

### INDIAN MAIZE.

This vegetable eaten green and raw or boiled for three minutes, is an excellent regulator. Do not serve it with butter or animal fats, for thus it is the cause of acute and dangerous stomach disorders.

### SWEET-CORN TIMBALES.

Beat five eggs until light ; add half a teaspoonful of salt, one tablespoonful of oil, one cupful of browned bread crumbs and one pint of green sweet-corn which has been grated from the cob. Pour into oiled timbale moulds which have been dusted with finely chopped parsley. Set in a baking tin of boiling water, cover with a sheet of oiled paper and cook in the oven for twenty minutes. Serve with tomato sauce.

### MIXED DISH.

Take a tin of peas and a tin of asparagus. Put them in a saucepan of boiling water and heat for five or ten minutes. Open the tins and drain off the liquid from each. Put the peas and asparagus into a bowl, and season to taste with oil, pepper and salt. Mix thoroughly and serve on lettuce with parsley. Take half a dozen fresh young potatoes and boil in their jackets over a quick fire, adding a teaspoonful of caraway or sweet fennel seeds, drain as soon as they are done ; peel the potatoes and slice them fine and mix with the peas and asparagus ; this will make a very palatable dish. Eaten

with whole meal bread it will prove an ideal repast. The liquid remaining over from the vegetables will make a foundation for soups or it can be used with a little additional oil as an excellent purgative.

### **MUSHROOM DELICACY.**

Arrange in a buttered casserole alternate layers of uncooked mushrooms, bits of butter, seasonings of salt and pepper, cream, and fine buttered bread crumbs. Let the first layer be the buttered crumbs. Pour in a little more cream, cover and bake for forty-five minutes. Uncover, brown slightly and serve from the dish.

### **OYSTER PLANT.**

After scraping, cut the roots crosswise in thin slices, and put in sufficient water to cover and stew until quite tender. Add a little milk, olive oil and salt. May be served with toast if desired.

### **PEAS,**

Like beans and lentils, are classed among the pulses, and are not considered good food for the intellectually and spiritually based. They can be used to a great advantage in savouries and to give "body" to entrée dishes.

### **POTATOES**

Should be eaten only sparingly, if at all, as they are not healthful at best. The sweet-potato is the best variety. If it is necessary to eat potatoes, bake them in an oven until well done. Do not discard the peeling, as most of the nutriment is next to this part, and both the skin and the pulp of baked potatoes should be eaten. The best way of preparing potatoes is to bake them in the hot ashes of a camp-fire, after washing and scrubbing them in cold water. The soil upon which the fire is made should be clay, and the fire of wood.

Potatoes, to be fried, should be scalded, scraped quickly, and fried slowly in a covered frying-pan, the bottom of which should be covered liberally with cooking oil. Should be salted a trifle before serving.

Potatoes, to be cooked or steamed, should be prepared in cold water, allowed to stand in cold water for a few minutes, and boiled



over a quick fire. If boiled, they must be boiled quickly with their jackets on, putting in a good dash of caraway or dill seeds.

### **POTATO SOUFFLÉ.**

Select large potatoes and have all nearly the same size. Bake them and when done cut each potato in two parts lengthwise and scoop out the inside with a spoon, being careful not to break the skins. Season with a little salt and add enough cream to make it quite soft ; beat until very light and smooth and refill the skins with this pulp. Now place the potatoes on a roasting tin and return to the oven to brown on the top. The potatoes will puff up considerably if well beaten before refilling the skins.

### **SAUERKRAUT.**

This concoction, particularly the liquid thereof, is of benefit in intestinal troubles, when used in moderate quantities and only periodically. It must be used in its raw state, never boiled. The brine of sauerkraut is a very powerful agent in liver troubles.

### **SPANISH BEANS.**

Soak one quart of red beans over night, pour off the water and rinse, then parboil for twenty minutes ; again pour off the water and rinse. Now add a quart of stewed tomatoes which have been well strained, four finely-cut onions, two or three green peppers cut lengthwise after removing seeds, half a cupful of oil, one quart of water. Boil until thoroughly cooked ; an hour before serving add half a cupful of well-washed rice. Season with salt. The peppers should be removed as soon as they are done.

### **SPANISH SWEET-CORN.**

Put green peppers in the oven and leave until slightly brown. Remove from the oven and cover tightly for five minutes. Remove skins and seeds, cut fine and add chopped sweet-corn and tomatoes. Boil for three minutes and serve hot.

### **SPINACH.**

Wash the desired quantity of spinach, boil for ten minutes ; pour off the water ; add fresh boiling water and cook for about ten minutes, or until tender. Add a little salt, lemon juice, and



olive oil to taste. Do not mix butter or animal oils with spinach. It will in many instances cause derangements of the stomach, and often cholera morbus. Spinach is a valuable blood purifier, and should be eaten whenever desired. It is excellent in cancer troubles.

### **STUFFED EGG-PLANT OR AUBERGINE.**

Wash a good-sized egg-plant, put in a saucepan and cover with boiling water, to which has been added a little salt ; boil for twenty minutes. Cut lengthwise into halves and carefully take out the inside, leaving a wall three-quarters of an inch in diameter. Mix the pulp just removed with a quarter of a cupful of browned bread crumbs, half a cupful of chopped or ground almonds, one tablespoonful of olive oil, and a little salt. If the mixture is too dry, add a little milk. Fill the shells, heaping them up and sprinkle over them a small quantity of bread crumbs. Put into a baking dish and bake in a brisk oven until the top is nicely browned, then serve.

Egg-plants may be cut in slices, soaked one hour in strong salt water, rolled in beaten egg and biscuit-dust, and fried in oil. This vegetable has good food value and may be eaten at all times.

### **STUFFED TOMATOES.**

Take fresh tomatoes, scoop out the middle, mash fine and put through a colander. Put into a bowl and make a stuffing by adding chopped nuts, onions, hard-boiled eggs, finely-cut parsley, flaked rice, salt and pepper to suit taste, then stir all into a paste. Fill tomatoes with stuffing and bake. Without baking they may be served upon lettuce leaves garnished with cress and nasturtium leaves.

### **TOMATOES**

Are valuable for their acids, which are very beneficial to the system. When cooking them they should be stewed until well done, the seeds strained out, and a little oil, salt and milk added ; then boil for a few minutes before serving. They are excellent in soups.

### **TURNIPS,**

If tender, may be used occasionally. They are better in soups, as their nutritive value is small.

**VEGETABLE DISH.**

As in the mixed dish, tinned vegetables may be used, combining two or three kinds. Heat the tins before opening. Many nice dishes may be prepared. Asparagus, mushrooms and French beans make an ideal combination, especially when served with mint or lettuce leaves, and sprinkled with chopped young onion or celery.

## CREAMS & DRESSINGS.

**T**HE success of making dressings depends upon the cleanliness of the utensils used. First of all you must have your bowl cold, if needs be keep it on ice. The eggs as well as the oil must be cold ; it may be well to drop a small piece of ice into the oil to cool it. Always stir in one direction and stir or beat thoroughly.

Should you ever have trouble with the dressing curdling, then begin again with the yolk of eggs in another dish, and after thoroughly beating and stirring, add by teaspoonfuls the curdled mayonnaise, and finish by adding more oil.

Mayonnaise dressing should not be kept for more than a week, even though kept in a cool place.

You may add whipped cream, nut creams, powdered coriander seeds, onion juice, chopped olives, capers, pimentoes, etc., to your dressing ; all depending upon the kind of dish you intend to use it for. Never mix the dressing with the salad until ready for serving.

### AMINA.

Mash fine two apples and grind two tablespoonfuls of raisins or pecans and work them with a spoon until smooth. Sweeten with a little honey and add, just before using, a pinch of freshly ground cinnamon. It may be thinned down with rich cream if desired.

### APPLE CREAM.

Cut and grind two apples and mash them smooth with the juice of one lemon. Grind half a cupful of pine kernels and add to the above. Keep beating until creamy. When ready to serve add sweet cream, flavouring with spice to suit the taste.

### DECIMAYONNAISE.

The yolk of an egg beaten thoroughly in a cold dish. Add two tablespoonfuls of olive oil cooled with ice. Keep beating vigorously and add half a teaspoonful of mustard, a good pinch of celery salt, a dash of cayenne pepper, and, lastly, two tablespoonfuls of lemon juice. Ten minutes of quick beating will make it smooth.

### **FRENCH DRESSING.**

Put into a bowl half a teaspoonful of salt, half a teaspoonful of mustard, and a dash of cayenne pepper ; add gradually six tablespoonfuls of olive or salad oil, stirring constantly ; then add very slowly, while stirring, one tablespoonful of lemon or lime juice. One advantage of this dressing is that any kind of flavouring may be added, such as Worcestershire or Tobasco sauce, ketchup, onion juice, garlic, etc.

### **MAYONNAISE.**

Put the yolks of two eggs into a cold bowl and stir until light with a wooden or plated fork ; add a quarter of a teaspoonful of salt, then drop by drop, salad or olive oil. Time will be saved and danger of curdling avoided if oil and eggs are cold. After eight tablespoonfuls of oil have been used, begin to add alternately, one or two drops at a time, lemon or lime juice and oil, allowing two tablespoonfuls of juice to each pint of oil. By adding lemon juice and oil alternately, a jelly-like or oily condition is prevented and the dressing will be nice and smooth. Stir in one direction only. More or less oil may be added, according to quantity of dressing desired. Do not add seasoning to the dressing ; it is better to season the, salad.

### **NICE DRESSING.**

Take the yolk of one hard-boiled egg, rub through a sieve, mix in a bowl with the yolk of one raw egg ; add a pinch of salt, a dash of cayenne pepper, and one tablespoonful of mustard. While stirring one way with a wooden spoon, add slowly and alternately eight tablespoonfuls of olive or salad oil and two tablespoonfuls of lemon or lime juice, and, lastly, add two tablespoonfuls of finely chopped olives, parsley and celery leaves. This is excellent to serve with cold asparagus.

### **NUT CREAM.**

Take three tablespoonfuls of pine kernels, six blanched almonds, four walnuts and one Brazil nut ; grind them fine. Add enough lemon juice to make a cream and let it stand four hours, or over night, before using. This cream may be used in connection with any fruit or vegetable salad.



**NUTOL CREAM.**

Take two Brazil nuts, five filberts, and nine pecans ; grind them fine and add a teaspoonful of almond oil ; then use as much lemon juice as is needed to make a cream. Set aside for four hours or more before using.

**OIL DRESSING.**

Take one tablespoonful of oil, and beat it in a cold dish ; add to it the well-beaten yolk of an egg, and stir together until creamed. Then beat into it one tablespoonful of lemon juice, a pinch of mustard, a dash of cayenne pepper and of salt.

**ORANGE CREAM.**

Grind fine a cupful of pine kernels and ten pecans. Mix with it plenty of orange juice and stir it until smooth.

**PINEAPPLE CREAM.**

Take six Brazil nuts, twelve pecans, half a cupful of pine kernels and grind them fine. Use as much pineapple juice as is necessary to make a thick paste, and thin down with grape or orange juice.

**PINE KERNEL CREAM.**

Use half a cupful of pine kernels and one Brazil nut, grinding fine ; add lemon juice or lemon and orange juice sufficient to make a cream. Beat thoroughly, and it is ready for use.

**PLAIN MAYONNAISE.**

To half a cupful of lemon or lime juice, add a teaspoonful of dry mustard, the well-beaten yolks of three eggs, half a teaspoonful of sugar, a dash of cayenne pepper, and a pinch of salt ; beat well, and add slowly a quarter of a pint of rich, sweet cream. Cook in a double boiler until it thickens.

**POPPY CREAM.**

Take a tablespoonful each of poppy seeds, pecans and filberts ; grind fine and pour over it a cupful of cream. Beat it well. Set aside until desired for use. Flavoured with fresh pineapple or orange juice it makes a desirable dressing. It can be used with grains, fruits or vegetables.

**SIMPLICITY DRESSING.**

Into a cold salad bowl put three tablespoonfuls of olive oil, two tablespoonfuls of lemon juice, one tablespoonful each of onion juice and chopped parsley, a dash of cayenne pepper and of salt. Instead of olive oil lightly melted butter may be used, but in that case omit the onion juice.

**SWEET CREAM DRESSING.**

Take one tablespoonful of pine kernels and one teaspoonful of pecans, grind them fine, and smooth out with a cupful of rich cream. Let stand for half-an-hour before using. A teaspoonful of lemon juice may be beaten with it.

# SAUCES.

## BREAD SAUCE (NO. 1).

**C**OOK in a double boiler for thirty minutes two cupfuls of milk, half a cupful of toasted bread crumbs, and one small onion.

Remove the onion and add a little salt and cayenne pepper, and a tablespoonful of olive oil, or a tablespoonful of cocoanut butter, creamed with a teaspoonful of peanut butter.

## BREAD SAUCE (NO. 2).

To one pint of milk in a saucepan add an onion, a pinch of mace, salt and cayenne pepper to suit taste. Stew slowly, and as soon as the onion is cooked remove it, and add enough stale bread crumbs to thicken. Stir but little, and do not allow it to come to the boiling point.

## BROWNEO SAUCE.

To two tablespoonfuls of flour use an equal quantity of olive oil. Put into a frying pan over a slow fire to brown, stirring frequently to avoid burning. As soon as it is brown pour into it gradually three cupfuls of hot water, stirring it well. Add two tablespoonfuls of mixed nuts finely ground ; pine kernels are preferable. As soon as perfectly smooth add a teaspoonful of mushroom ketchup, a pinch of Mazdaznan curry powder, celery salt and a bruised bay leaf. Allow it all to boil up slowly, and it will be ready for use either in soups to improve the flavour or for serving with savouries, rissoles, fritters, spaghetti dishes, eggs and salads.

## BROWN SAUCE.

Brown in the oven one tablespoonful of flour, and mix to a smooth paste with a little cold milk, add to a pint of boiling milk or cream and cook for ten minutes. Stir into it, and mix thoroughly a cupful of strained stewed tomatoes.

## CREAM SAUCE.

To a cupful of milk add a dash of cayenne pepper and of celery salt, and allow it to come to the boiling point. Now take one tablespoonful each of flour and oil, cream it well, and add to the milk as soon as it begins to simmer. Stir it well until smooth.



### ITALIAN SAUCE.

Take half a teaspoonful each of salt and mustard, three dashes of cayenne pepper or five dashes of paprica, cream this with six tablespoonfuls of olive oil, and add three cloves of macerated garlic ; stir and add slowly two tablespoonfuls of sour red wine, and a tablespoonful of lemon juice.

### MINT SAUCE.

Mix a tablespoonful of granulated sugar with a cupful of lemon juice, and add finely-chopped mint. Parsley may be substituted for mint. Serve with green peas and other vegetables.

### MUSHROOM GRAVY.

Take one large onion, cut fine and cook in a saucepan containing two tablespoonfuls of butter ; when turning golden yellow add the peelings of fresh mushrooms to a cupful of cream. Fry a tablespoonful of finely cut parsley and add to the above. Then thicken with flour, and season with salt to taste. Serve with mashed potatoes.

### MUSHROOM SAUCE.

Make a sauce the same as Browned Sauce ; to this add a tin of finely cut mushrooms, including the liquor. Simmer for five minutes after adding the mushrooms.

### NUN'S BUTTER.

Beat a quarter of a cupful of butter to a cream, add gradually a cupful of icing sugar and beat until very light ; add the whites of two eggs, one at a time, and beat again until frothy. This is to be flavoured with a teaspoonful of sherry wine, if wine is not used take a teaspoonful of extract of almond and add gradually to the mixture, and beat it once more. Heap it on a small dish, sprinkle lightly with grated nutmeg, and place on the ice to harden.

### SWEET SAUCE.

Mix two tablespoonfuls of corn flour with a cupful of sugar, and add a cupful of cold water. Put in a saucepan on the fire, and cook until it is clear and thick, then add a tablespoonful of cocoanut butter or olive oil, and flavour to suit taste. As this sauce is a combination of three forms of carbon, its frequent use is not advised.

Do not substitute creamery butter or animal fats, for the vegetable oils given.

### **SWEET TOMATO SAUCE.**

Boil for one hour, four tomatoes, with sufficient water to cover, together with one small onion, a tablespoonful of sugar, a tablespoonful of lemon juice, a pinch each of mustard, ginger, and cinnamon, two sprigs each of parsley and peppermint; then strain. Brown a tablespoonful of flour in two tablespoonfuls of cocoanut butter or olive oil, and add to the above liquid, and boil until slightly thickened.

### **TOMATO SAUCE (NO. 1).**

Bring a pint of tomato liquor to the scalding point, add the juice of one onion, one or two bruised bay leaves, a pinch of salt and of sugar. Boil all together for five minutes, then strain and add a pinch of soda. Mix a tablespoonful of whole meal flour with a tablespoonful of olive oil, and when it is well blended stir it into the tomato juice, and boil until thickened to the consistency of cream. This sauce may be thinned with milk or cream to suit taste.

### **TOMATO SAUCE (NO. 2).**

Fry to a golden brown one finely chopped onion in two tablespoonfuls of cocoanut butter, and then add a tablespoonful of flour. When the flour has browned stir in gradually a cupful of sweet milk, and half a cupful of clear tomato juice. Cook until it thickens, then flavour with a teaspoonful of peanut butter creamed with a little milk.

# ENTRÉES, OR SAVOURY DINNER DISHES.

**A**N effort has been made in this department to give suitable dishes designed to take the place of meats. In many instances when the housewife has resolved to adopt a new régime, one which leads to the betterment of mental and physical conditions, and one which excludes all animal foods whatsoever from the daily menu, she is at a loss to know just what to select when supplying the family table. The task need no longer be difficult, for in the preparation of these dishes, others of similar nature will suggest themselves, and the various items may be procured accordingly. To obtain the best results, there is only one rule to be observed, do not use fruit with vegetables.

Vegetables should be combined with grains and nuts ; fruits with grains and nuts ; but not vegetables with fruits.

Onions and garlic may be combined with apples (sour apples) without detracting from the beneficial qualities of either.

Do not use raw flour in making savouries ; brown it in a moderate oven, and stir occasionally to prevent burning.

When using bread, it should always be cut in slices and toasted to a golden brown in a moderate oven. It is necessary to procure a mill, or small grinder, with which to grind the toasted bread, biscuits, shredded wheat biscuits, nuts, grains, etc., for use in these recipes. These mills are sold by the Publishers of this book, and are indispensable to all well-regulated kitchens. It is well when purchasing nuts to select those which have been shelled ; they are more satisfactory in the end. They have been put through special machines which take out the kernels in a comparatively unbroken condition ; besides there is a great saving of time. The nuts should be fresh, otherwise they will be rancid and unfit to eat.



Use earthenware, porcelain, or aluminium dishes for baking purposes. Tin is easily oxidised and often poisons the food.

To facilitate a variation in savouries we give the following formulæ, the use of which will satisfy the most fastidious taste. Select for use only strictly fresh articles.

Green fruits and vegetables which have become wilted after being picked, have lost their life-giving properties and are so much dead matter. They should be eaten as soon as possible after being picked, observing particularly that all are free from blemishes, and that there are no evidences of decay. As soon as disintegration sets in, the entire fruit or vegetable, as the case may be, has become permeated with effete matter that produces like conditions in everything with which it comes in contact.

### **À LA FAMILLE.**

Put two tablespoonfuls browned flour into one and a half cupfuls of milk, and boil until a smooth paste, stirring constantly. Add two cupfuls each of peanutta, finely chopped apples, and finely ground toasted bread crumbs, three tablespoonfuls of oil, two well-beaten eggs, two teaspoonfuls of salt, and a dash of cayenne pepper. Mix thoroughly, and put into an oiled dish, and bake thirty minutes in a moderate oven. Serve with sauce.

### **À LA SIMPLE.**

Cut a quarter of a loaf of rye bread into slices ; toast in a moderate oven to a golden brown, after which soak it in water until soft ; press out the water, then add two cupfuls of ground raw peanuts, two cupfuls of chopped onions, one cupful of chopped celery, two tablespoonfuls of parsley, one teaspoonful of salt, two tablespoonfuls of oil, and a dash of cayenne pepper. Mix thoroughly, and put into an earthenware dish. Press down well, then take from the centre sufficient to make an opening large enough to hold the following filling : A half-cupful of peanut butter, a half-cupful of Neufchatel cheese, and a half-cupful of milk. Fill the opening, then lay on top the removed portion. Put in a moderate oven, and bake for one hour. Serve with ketchup.

### **À LA SULTANA.**

Boil a cupful of browned flour in two cupfuls of water until thick and creamy, stirring constantly to keep from burning. Add a cupful each of finely chopped apples and pears, two tablespoonfuls of ground walnuts, a cupful of browned bread crumbs, three tablespoonfuls of oil, half a teaspoonful of cinnamon, two well-beaten eggs, one teaspoonful of salt, and a dash of cayenne pepper. Mix thoroughly, and turn into a well-oiled baking dish, and bake in a slow oven for thirty minutes.

### **CHEESE RAMEKINS.**

Stir four tablespoonfuls of browned bread crumbs into half a cupful of milk, and put on to boil. Stir until smooth, then add four tablespoonfuls of grated cheese, two tablespoonfuls of olive oil, and stir over the fire for a minute. Remove, and add a quarter of a teaspoonful of dry mustard, cayenne and salt to taste, and the yolks of two eggs. Beat the whites of three eggs to a stiff froth, and stir them in carefully. Pour into an oiled baking dish, and bake for ten minutes in a quick oven.

### **CHESTNUT SAVOURY.**

Take one pound of boiled Italian chestnuts, one pound whole meal bread crumbs, toasted and ground fine ; a pint of boiled celery stalks, one pound of fresh or a half tin of tomatoes, a cupful each of green parsley and celery leaves, chopped fine ; two good-sized raw onions, chopped ; just a little marjoram and thyme finely ground, enough to flavour slightly ; about a tablespoonful fresh red pepper, finely chopped ; two tablespoonfuls olive oil, a heaping teaspoonful of salt, two or more eggs. Stir and mix it all well. If the consistency should be too stiff, add lukewarm water or eggs. Make into a loaf, and set in a moderately heated oven for an hour or until done. Occasionally moisten the top with a spoonful or more of hot water. Serve with nut tomato sauce made from one pound or half a tin of tomatoes, three bay leaves, one blade of mace, a pinch of cayenne pepper, a tablespoonful of ground raw peanuts, a small onion and a cupful of water. Boil it for fifteen minutes over a quick fire, adding hot water frequently as needed. Thicken with browned whole meal flour.

**DE CAROTTE.**

Boil for an hour a cupful of carrots, half a cupful of parsnips, and two cupfuls of celery, all finely chopped. Then take three tablespoonfuls of browned flour and boil it in one and a half cupfuls of hot water until thick. Mix with the boiled vegetables, and add a cupful of finely ground onions, two cupfuls of flaked cereals, or browned bread crumbs, two well-beaten eggs, one tablespoonful of salt. Mix thoroughly and put into a well-oiled dish and bake in a moderate oven for twenty minutes. Serve with tomato sauce.

**DE NOIX.**

Take two tablespoonfuls each of walnuts and peanuts, one tablespoonful each of Brazil nuts and pecans ; chop all fine and add a cupful of finely ground toasted bread crumbs, one cupful of sweet milk, a tablespoonful of nut butter creamed in a little milk, two well-beaten eggs, and a pinch of chopped sage and thyme. Mix all thoroughly, put into an oiled dish and bake for twenty minutes in a moderate oven. Garnish with green parsley and serve.

**DE POIS EN COSSE.**

Mash fine a cupful of boiled green peas (if tinned see that they have been boiled until soft), add half a cupful of strained stewed tomatoes, two eggs, two tablespoonfuls of nut butter rubbed smooth in a little hot water, a cupful of finely ground shredded wheat biscuit or browned bread crumbs, a half cupful of onion juice, a half teaspoonful each of marjoram, thyme and salt ; mix well and put into an oiled dish and bake twenty minutes. Serve with chopped parsley.

**DE VEGETAL.**

Take equal quantities each of sweet potatoes, squash, tomatoes and parsnips to make two cupfuls ; boil for forty-five minutes and mash all fine. Brown a cupful of flour in a moderate oven, stirring occasionally to prevent burning, then mix with a cupful of water or milk. Add this to the vegetables, mix well and roll up in a lump. Make a dressing as follows : Chop an onion fine and cook slowly in a frying-pan with two tablespoonfuls of oil or cocoanut butter ; add one teaspoonful each of finely chopped thyme and marjoram, two tablespoonfuls of lemon juice, half a cupful of toasted bread



crumbs, one teaspoonful of salt, and one cupful of water or milk. Spread out the "meat," enclose the dressing, roll up and oil all over ; put into an oiled dish and bake for thirty minutes in a moderate oven. Make a gravy with a little browned flour, water, and a teaspoonful of nut butter.

### **FORMULA (NO. 1).**

#### **Combining Fruit, Nuts and Cereals.**

One cupful cereals ; choice may be made of biscuit dust, finely ground toasted bread crumbs or browned flour. Three cupfuls of finely chopped fruit ; choice may be made of any one separate fruit, or they may be mixed. One cupful of nuts ; nut butters may be used, or finely chopped or ground kernels of any nuts desired. Two well-beaten eggs, a cupful of liquid ; milk, water, or fruit juices may be chosen. A teaspoonful of salt, a teaspoonful of spices or extracts, to taste. Bake for forty-five minutes.

### **FORMULA (NO. 2).**

#### **Combining Vegetables, Nuts and Cereals.**

One cupful of cereals. Three cupfuls of finely chopped and boiled vegetables ; selection should be judiciously made, avoiding as much as possible the use of cabbage and potatoes. (See list of vegetables for those most desirable.) One cupful of nuts, and one tablespoonful of savoury herbs. Two well-beaten eggs, and one or two cupfuls of liquid. A teaspoonful of salt, a little spice, except black pepper, to suit taste ; bay leaves, celery seeds and green parsley will give a decided taste, and ketchup will give additional flavour. Bake for one hour.

### **INDIAN CURRY SAVOURY.**

Slice four onions into a frying-pan, and add enough oil to fry them a light brown ; now add two tablespoonfuls of butter or more, enough Mazdaznan curry to season well, a little more oil and cook with the onions for ten minutes. Mix with one tin of kidney beans, a cupful of strained tomatoes, two tablespoonfuls of seeded raisins, a tablespoonful of chutney, a little water if needed, and allow it to boil slowly for two hours. Cook some rice quickly for twenty minutes, so that each kernel stands separate. Place by spoonfuls

around the platter and pour the curry in the centre with three-cornered pieces of white bread toast to decorate, and serve hot. Mushrooms with mushroom sauce will make a nice meal. This dish is to be used cautiously, and only in cold weather, and where threatened with malignant troubles. It is considered a festival dish.

### **MACARONI WITH CHEESE.**

Half a pound of macaroni, a cupful of milk, three tablespoonfuls of grated cheese, two eggs, two tablespoonfuls of whole meal flour two tablespoonfuls of olive oil, and salt and cayenne pepper to taste. First break the macaroni into bits about an inch in length, and boil rapidly for twenty minutes in slightly salted water. When done put in a colander to drain. Put the milk on to boil, and stir into it the flour mixed smooth with the olive oil, and stir continually until it thickens; then add a dash of cayenne pepper, the cheese and macaroni, and, lastly, the beaten eggs. Cook one minute longer and turn into an oiled baking dish to brown in the oven. Serve in the same dish.

### **MACARONI-CHEESE RISsoles.**

The above recipe may be used for rissoles. Instead of turning the macaroni into a baking dish when done, place on a dish and set away to cool. When cold cut in slices, dip first in egg, then in rolled browned bread crumbs, and fry in oil until brown. Serve with tomato sauce.

### **MIDNIGHT DISH.**

Take salt-rising bread, shaped à la Vienna, and sun-dry it; then cut into slices a quarter of an inch thick; toast it in the oven on one side only. Have ready finely ground poppy seeds mixed with an equal amount of sugar, preferably brown sugar; to every cupful of poppy seed and sugar add half a teaspoonful of cinnamon. Have ready some nut cream containing pine kernels, and filberts thinned with orange juice. Put a layer of the toast into a deep dish, and pour over it some hot sweet cream, then a layer of poppy seeds, again a little sweet cream, and then the thick nut cream. Serve upon individual dishes garnished with bits of candied fruits, pouring over it Dutch frosting. Serve Arabian coffee later on. This is a holiday dish only.

### NATURALIA.

Take a cupful each of malted barley, and ground raw peanuts, two tablespoonfuls of flour, one tablespoonful of oil, one well-beaten egg, salt to taste, and enough water to make a light batter. Bake for three-quarters of an hour in well-oiled patty pans. Apples may be used with this dish, but not raisins. Eaten every other day will promote natural action.

### NOODLES AND CHEESE.

Take a quarter of a pound of Italian egg noodles and boil for about fifteen minutes from the time they are dropped into the boiling water. If you wish you can make your own noodles, by taking three tablespoonfuls of flour and two well-beaten eggs, working it into a dough. Roll out on a board, adding flour gradually until it all rolls into a stiff ball. Now cut into four pieces, take a rolling pin and roll out into sheets. Allow it to dry for an hour, and then cut into strips about an inch in width. Place layer upon layer and using a sharp knife cut the layers into threads. Spread out on paper, and when ready for use drop into boiling water, a little at a time. Boil for fifteen or more minutes, according to the thickness of the noodles. When done, drain off the water through a colander, and pour cold water over the noodles, which will separate them and give them firmness as well as colour. Now put a cup of milk into a double boiler, add two cupfuls of grated, rich, cream cheese, a dash of cayenne pepper and a pinch of salt. As soon as the cheese is melted add the yolks of two well-beaten eggs. Put the noodles into a well-oiled baking dish; pour the mixture over them and bake for ten to fifteen minutes in a moderate oven. Serve in the baking dish with green peas or asparagus and a little parsley.

### ORIENTAL WHEAT DISH.

Pick the wheat clean and wash in two waters; then expose it to the sun for several hours; then soak it for about six hours. Boil it in the water in which it was soaked, adding more water when needed, boil for four hours until perfectly soft and has cracked open. Put it in an earthenware dish and pour over it quite a quantity of oil that has been used for frying fritters, etc. Salt it to taste, and set in the oven for fifteen minutes, leaving the dish uncovered.



When served the flavour will be found to be decidedly pleasant to those who had a taste for meat.

### PEANUT FRUIT.

Take two cupfuls of ground raw peanuts, and boil in two cupfuls of milk ; add a cupful of finely chopped celery, half a cupful of seeded raisins or figs, one teaspoonful of sweet marjoram, two teaspoonfuls of oil, a teaspoonful of salt, a tablespoonful of bread crumbs, two well-beaten eggs ; mix thoroughly. Shape into small balls, and dip into batter made as follows : Mix well two tablespoonfuls of flour, one egg, and a pinch of salt with a cupful of milk. Fry in a frying pan, in very hot oil, to a golden brown, and serve with or without dressing. Mashed or Lyonnaise potatoes go best with this dish.

### PEAS ROAST.

Take a pound of dried green split peas and boil until mushy. Peel a medium-sized onion, and place it whole in the saucepan with the peas, and boil with them for flavouring. If the water boils away before the peas are done, add some more. Use no salt as it hardens the water and takes longer to cook the peas. When done remove the onion and mash the peas through a sieve ; now add salt to taste, two eggs beaten light ; stir well, and put into an oiled tin (a small, deep bread tin is best), and bake for fifteen or twenty minutes. When done turn out the loaf on a dish, and pour over it tomato or mushroom sauce. Garnish with parsley or mint.

### PLAIN DISH.

Take a cupful each of browned bread crumbs, raw onion, chopped apple, a dash each of thyme, sage, and salt, a teaspoonful of ketchup, a tablespoonful of Worcestershire sauce, an egg, and three tablespoonfuls of cream. Make it into six balls, and roll in fine bread crumbs, and fry in hot oil.

### PRUNATUNA.

Boil in a quart of water for fifteen minutes, a cupful each of fresh shelled peanuts, malted barley, raw prunes, dates and figs, two tablespoonfuls of oatmeal, a good pinch of cinnamon, and a tablespoonful of oil. Stir briskly, and, if too thick, add a little



water. Bake in a well-oiled dish. This dish is particularly valuable for dyspeptics. Do not use any drink with it.

### **ROYAL MACARONI.**

Break into three-inch lengths half a pound of macaroni, and cook in the usual way. When done, oil a deep dish, and put in a layer of macaroni and sprinkle with a rich cream cheese, then a layer of tomatoes, a layer of macaroni, and a layer of French mushrooms ; on top of these put a layer of macaroni, then last of all a good layer of cheese. Over this spread tomato sauce, or, if preferred, a cream sauce may be used. Bake in a moderate oven for half-an-hour.

### **SPAGHETTI ITALIENNE.**

Bring a saucepan of water containing two gallons to the boiling point, and, without breaking, set in on ends a pound of solid gluten spaghetti of the fine variety, and allow it to boil quickly for fifteen minutes, gradually pushing the upper ends under water as the lower, by virtue of softness, descends into the saucepan. Now add a tablespoonful of salt and one clove of garlic, allowing it to boil for five minutes longer ; run through a colander, and serve on a large dish, sprinkling it with a thin layer of Roman cheese, and pouring over it, quite thickly, the Browned Sauce, or Spaghetti Sauce given below.

### **SPAGHETTI SAUCE.**

Take two tablespoonfuls of tomato paste or half a tin of thick tomato soup or two large fresh tomatoes, and one or two good-sized onions, finely chopped and cooked down to a thick paste, all well strained. Bring it to the boiling point, and add two cloves of garlic, two pepper corns, two cloves, and three bay leaves. While simmering take two tablespoonfuls of butter, add a tablespoonful of finely chopped parsley, and fry quickly ; when done, add to the mixture, strain through a sieve and pour over the spaghetti. The sauce should be made while the spaghetti is cooking, so as to serve it all hot.

### **SPAGHETTI WITH TOMATOES.**

Take half a pound of spaghetti, one tin of tomatoes, two tablespoonfuls each of olive oil, and whole meal flour, two cloves

of garlic, and salt to taste. Take the long sticks of spaghetti, and put the ends in boiling salted water. As they soften, bend and coil them in the water without breaking. Boil rapidly for twenty minutes. When done, put into a colander to drain, setting it in a bowl of cold water for ten minutes ; this bleaches the spaghetti. Open a tin of tomatoes, and put on to boil with the garlic cut in small pieces. Dissolve the flour in the oil, and add to the tomatoes while boiling and stir until it thickens. Now oil a covered earthenware baking dish, put the spaghetti thoroughly mixed with the tomatoes into the dish, and bake for fifteen minutes. This can be made in the morning, and put away until evening, then twenty minutes before serving the dinner, set it in the oven and bake for fifteen or twenty minutes. Serve with bananas fried in olive oil, having first dipped them in egg and Indian corn meal, or thin slices of Oriental bread spread with nut butter and Swiss cheese laid over the nut butter.

### **SPAMUTTA.**

Grate four cupfuls of raw carrots, two cupfuls of parsnips, one cupful each of turnips and potatoes. Add one and a half cupfuls of browned flour, and a cupful of coarsely ground raw peanuts. Flavour with a cupful of green parsley and celery leaves, finely chopped, a half teaspoonful of crushed celery seeds, a teaspoonful of salt, two tablespoonfuls of oil, two eggs, the yolks and whites beaten separately. Put into a well-oiled earthenware dish, and bake for three-quarters of an hour. Serve with mint sauce or mint and green peas.

### **SPANISH RICE.**

Into a quarter of a cupful of hot olive or cooking oil stir a cupful of dry rice ; let it turn brown and add a cupful of finely cut onions, one to three shredded green peppers, from which the seeds have been removed, and two teaspoonfuls of salt. Fry until the onions are done. Now add one quart of tomatoes and the same amount of water, bring to the boiling point and serve.

### **SPANISH SPAGHETTI.**

Put three peppers in the oven until slightly brown. Cover tightly for a few minutes after removing from the oven. Then

remove seeds and skins, and chop fine ; add a pint each of tomatoes and water, a tablespoonful of oil, half a cupful of minced onions, a quarter of a pound of spaghetti. Boil for twenty to thirty minutes. Add finely scissored parsley when serving, and garnish with shredded lettuce and watercress.

### **STUFFED MANGOES OR BELL PEPPERS.**

Take two cups of finely toasted bread, a cupful each of tomatoes and olives, one small finely chopped onion, a tablespoonful of oil, and salt to taste. Cut off the stem ends from the mangoes and remove the seeds, then stuff with the above filling, put into a tin, and bake for thirty minutes, putting water in the tin to keep from burning. To make a variation, use for filling two eggs or grated cheese, French beans, peas, boiled rice, barley or any vegetable that may be left from a previous meal. Serve on shredded lettuce with finely scissored parsley, scorched in butter, poured over it. Mashed potatoes or turnips, squash and toast go well with this dish.

### **TAHARANI.**

A tablespoonful each of blanched almonds, pine kernels, pecans and walnuts, a cupful of finely-ground dried bread crumbs, one finely chopped onion, a pinch of powdered sage, and of ground celery seeds, a tablespoonful of finely chopped parsley, salt and pepper to taste, two eggs and a cup of cream. Mix the ingredients in the order given and keep stirring and beating. Have a medium consistency, not stiff. Put in an oiled earthenware dish, and bake for three-quarters of an hour. Serve with cream pea-sauce and fresh peppermint leaves.

### **URANA.**

Boil in separate saucepans over a quick fire, one cupful each of rice and barley in a quart of water, to which two tablespoonfuls of olive oil has been added. When well done and the water boiled down to about two-thirds, let it cool a little, adding two medium-sized onions, finely chopped, a dash of thyme, and a pinch or two of salt. Add two eggs, a cupful of bread crumbs, and two tablespoonfuls of flour. Make into little loaves and roll them in bread crumbs, set in a well-oiled tin, and bake for half-an-hour.

**WELSH RABBIT.**

Take square slices of salt-rising bread, remove the crusts and toast the slices carefully. Butter them while hot and arrange on a dish or platter and place in the oven to keep warm while the rabbit is being made. Put half a cupful of milk in a double boiler, and when it is boiling hot, add two cupfuls of rich cream cheese, which has been grated stirring *continuously* until the cheese is melted. Have ready a half teaspoonful of dry mustard, mixed with a little salt and two dashes of cayenne pepper. Stir this into the milk and cheese and add two well-beaten eggs. Pour over the toasted bread and serve at once. If the rabbit is tough and stringy, it is because the cheese is not rich enough to melt.



# RISSOLES.

## CHEESE RISSOLES.

**T**AKE two cupfuls of grated cream cheese, add half a cupful of peanutta (recipe will be found under another heading), a level teaspoonful of salt, a dash of cayenne pepper, and whites of two eggs. Mix thoroughly, roll into small balls, dip into beaten yolks of eggs ; then roll in biscuit dust, and fry to a golden brown in a deep frying-pan of hot oil. Serve with tomato sauce.

## CHESTNUT RISSOLES.

Put three cupfuls of milk in a saucepan, set on the fire and when it begins to boil add the soft portion of half a loaf of bread, mixing well ; then add thirty roasted chestnuts well pounded, two well-beaten eggs, two tablespoonfuls of ground walnuts, two tablespoonfuls of finely chopped parsley, one teaspoonful of salt, and a dash of cayenne pepper. Mix thoroughly and boil for three minutes, then remove from the fire and set for an hour to cool. Form into shapes, roll in beaten yolks of egg, then in biscuit dust and fry in hot oil. Serve with tomato sauce or ketchup.

## PEANUT RISSOLES.

Mix well together three cupfuls of ground raw or slightly roasted peanuts, one cupful of cereal of any kind, two level teaspoonfuls of salt, three tablespoonfuls of chopped parsley, two tablespoonfuls of onion juice, a good dash of cayenne pepper. Cream two tablespoonfuls of clarified butter or oil with three tablespoonfuls of flour, mix with a pint of boiling milk until smooth and thick. Add this to the preparation of nuts, etc., and set away to cool ; then form into the desired shape, roll in bread crumbs and beaten egg, and fry in hot oil to a golden brown. Serve with dressing or ketchup.

# FRITTERS & PATTIES.

## APPLE FRITTERS.

**T**O a cupful of whole meal flour add the yolks of two eggs, half a pint of milk, and a tablespoonful of olive oil ; beat until smooth. Grate slowly into the batter three peeled apples, and then add the beaten whites of the eggs. Drop with a tablespoon into the hot oil. Serve as desired.

Instead of apples, stoned prunes, peaches or other fruits may be used. Put grape juice and icing sugar over the fruit, let it stand for an hour, turn once, then dip in batter as used for apple fritters, and fry in oil.

## AERATED SWEET-CORN FRITTERS.

Take a tin of sweet-corn or two cupfuls of fresh green Indian corn and mix with it half a cupful of cream. Beat separately the yolks and whites of two eggs. Stir in a cupful of flour, or more, if necessary. Salt to taste, and stir in three teaspoonfuls of sugar and a tablespoonful of oil. Stir the batter thoroughly in the open air or before the door or an open window. If the batter is not thin enough add a little milk, but have it medium thick. Put enough oil in the pan so the batter will be covered when dropped into the frying pan. Drop the batter in spoonfuls and turn with a knife when brown. They will rise double their size and be perfectly aerated. These are very wholesome and toothsome, and especially adapted to those who do not like to take oil clear.

## BANANA FRITTERS.

Cut into halves crosswise six peeled bananas, put in a dish and sprinkle over them half a cupful of icing sugar, then pour over them the juice of two large oranges ; set in a cool place for an hour, turning them occasionally. Roll alternately several times in beaten egg and biscuit dust, then fry in hot oil. Serve with sauce to taste.

## BREAD FRITTERS (NO. 1).

Take stale bread, toast it in slices after it has been dipped in cold water. Make a batter of a cupful of flour, one egg, the

yolk and white beaten separately, a pinch each of cinnamon, salt, and sugar, and half a cupful of milk. Dip the toast in cold water again, then into the batter and drop into hot oil. Will be ready to serve in one minute.

### **BREAD FRITTERS (NO. 2).**

Soak half a loaf of bread in milk ; mash fine and add a tablespoonful of flour, two well-beaten eggs, half a cupful of currants or seedless raisins, and the grated rind of one lemon. Mix well and drop from a spoon into hot oil. Fry to a golden brown ; and serve garnished with lettuce or cress.

### **BUTTER BEAN PATTIES.**

Take beans that have been left over, and press them through a fine sieve. To each half pint of beans add the yolk of one egg, a tablespoonful of chopped parsley, and half a teaspoonful of onion juice, if liked. Form into little cakes or balls, dip into the white of the egg, that has been lightly beaten with a tablespoonful of water, then roll in bread crumbs and fry in deep, hot cottonseed or olive oil.

### **FRENCH FRITTERS.**

Take a cupful of flour, half a cupful of cold water, two eggs, a tablespoonful of olive oil, half a teaspoonful of salt. Put the flour into a bowl, beat the yolks of the eggs, add the water and stir gradually into the flour ; if necessary add more water, and give a good, vigorous beating. Now add the salt and oil, and stir in the whites of the eggs, after beating them to a stiff froth ; now put the mixture away for at least two hours, but not longer than ten hours, according to the season. Put a saucepan of oil on to heat, and when hot (360 degrees) dip up a spoonful of the batter and slide into the saucepan of oil ; when brown on one side, turn them and brown the other side. When done take out with a slice ; don't use a fork, as piercing allows the steam to escape and makes the fritters heavy. Fruit fritters are made by dipping the fruit in this batter, and then frying or boiling it in oil.

### **JOLLY BOYS FRITTERS.**

Mix a pint of rye meal, a cupful of whole meal flour, half a cupful of Indian cornmeal, two large teaspoonfuls of sugar, a tea-



spoonful of ground cinnamon, and half a teaspoonful of salt ; then add four well-beaten eggs, two tablespoonfuls of molasses, and enough cold water to make a very thick batter ; beat well, and set aside for an hour more. Drop by the spoonful into a saucepan of hot oil. Brown on both sides, take out with a slice and serve very hot. The batter should be almost as thick as soft dough. Nun's butter should accompany these fritters.

### **PARSNIP FRITTERS.**

Scrape or pare four parsnips, cut them in small pieces and boil until soft. When done, drain off the water and mash fine ; then add one egg, well-beaten, a tablespoonful of flour, a quarter of a teaspoonful of salt, and a dash of cayenne pepper. Mix well and form into cakes, and fry in hot olive oil until brown. With these fritters serve potatoes, au Gratin—made as follows : Take six or seven cold boiled potatoes, four heaping tablespoonfuls of grated cheese, one cupful of cream, one cupful of milk, the yolks of three eggs, two tablespoonfuls of olive oil, one tablespoonful of flour ; salt and cayenne pepper to taste. Put the cream and milk over the fire in a saucepan, and when at the boiling point add the flour mixed with the oil, stir until smooth and take from the fire. Now add the yolks, well-beaten, the cheese, salt and a dash of cayenne pepper, and mix. Put a layer of this sauce in the bottom of a pie dish, then a layer of potatoes cut in small bits, then more sauce and more potatoes until the dish is filled, or until all the sauce and potatoes have been used ; sprinkle an extra tablespoonful or two over the top and place in a hot oven for ten minutes to brown. Serve in the dish in which it is baked. This makes a delicious dinner with the addition of cream of bean soup.

### **PLAIN POTATO FRITTERS.**

Grate three large potatoes, add three tablespoonfuls of flour, one well-beaten egg, stir rapidly and add a heaping tablespoonful of sugar, a small teaspoonful of salt, and continue to stir in the shade or in a cold place. Have a deep saucepan containing cottonseed or cooking oil about two inches deep, and when hot drop the mixture by tablespoonfuls into the oil. They should be well done and crisp in three minutes. May be served at once. In case the



potatoes prove watery, it is best to pour off the water of the freshly grated raw potatoes, and use only half the quantity of flour, which makes the cakes more palatable.

### **RICE FRITTERS.**

To two cupfuls of boiled rice add two cupfuls of bread crumbs, two teaspoonfuls of sugar, two teaspoonfuls of olive oil or three teaspoonfuls of cocoanut butter, one level teaspoonful of salt, a dash of ground cinnamon, two well-beaten eggs, and a cupful of scalded milk. Shape into balls and roll in well-beaten egg, then in biscuit dust and fry to a nice brown colour in hot oil, or cocoanut butter. Serve with peanut or almond butter.

### **SALSIFY FRITTERS.**

Take a dozen oyster plants, when washed and scraped, put each piece into cold water to prevent discoloration. Cut in slices and boil in a saucepan until tender. Drain and mash through a colander. Add a tablespoonful of flour, a level teaspoonful of salt, two well-beaten eggs; mix and drop with a spoon into hot oil. When browned, serve with sauce to taste.

### **SWEET-CORN FRITTERS (NO. 1).**

To two cupfuls of finely chopped sweet-corn, add the well-beaten yolks of three eggs, half a cupful of ground toast, a cupful of milk, one level teaspoonful of salt, two teaspoonfuls of nut butter, and the well-beaten whites of three eggs. Mix thoroughly, and drop from a spoon into hot oil and fry to a golden brown.

### **SWEET-CORN FRITTERS (NO. 2).**

Take a tin of sweet-corn, three eggs, whites and yolks beaten separately, a quarter of a cupful of milk, and a little salt. Observe the order as given in the mixing. Drop into hot oil with a spoon, and fry until brown.

### **TOMATO FRITTERS.**

To a tin of tomatoes add four cloves, two bay leaves, one tablespoonful of chopped parsley, a pinch of cayenne pepper, two tablespoonfuls of scraped onion, half a cupful of toasted bread crumbs; put all in a saucepan, and cook for ten minutes. Remove from the fire, and rub through a sieve all that is possible. Return to the fire

and add three tablespoonfuls of sugar, a teaspoonful of salt, three tablespoonfuls of cocoanut butter or two tablespoonfuls of olive oil. When it begins to boil add two tablespoonfuls of flour mixed to a smooth paste with a little cold water ; boil for two minutes, then pour into a dish to set. When cold and firm, turn out and cut in slices of various shapes, roll in beaten egg, then in biscuit dust, and fry to a golden brown in hot oil. Garnish with parsley and serve with ketchup.

### **VEGETABLE FRITTERS.**

Take one cupful each of carrots and parsnips, and half a cupful of salsify. Boil for thirty minutes in separate saucepans. Pour off the water and allow them to cool ; now mix the vegetables together with one and a half cupfuls of flour and a cupful of milk. Salt to taste, and then add two tablespoonfuls of oil and stir into it the yolks and whites of two eggs, well-beaten separately. Fry in hot oil.

## PICKLES & KETCHUPS.

**P**ICKLES should be eaten very sparingly, and, if possible, not at all when prepared with vinegar, as this condiment is deleterious to a healthful condition of the stomach. Cucumber pickles are quite harmful because they are difficult to digest when preserved in vinegar.

### CUCUMBER RELISH.

Cut six ripe, yellow cucumbers lengthwise to the thickness of half an inch, and add six large onions cut in thin slices ; pack in layers in a preserving pan with a cupful of salt ; let it stand over night, and in the morning pour off the liquid. Now add half a pint of pure apple cider and half a pint of cider vinegar, and cook for fifteen minutes. Pack layer upon layer in an earthenware jar, sprinkle mustard seeds quite freely over each layer, and lastly pour the juice over it. The vinegar may be sweetened with two tablespoonfuls of sugar, and three bay leaves may be used in cooking, but these should be removed before the relish is put into the jar.

### INDIAN CHUTNEY.

Pare, core and cut in small pieces half a pound of sour apples, add half a pound each of tomatoes, brown sugar, and stoned raisins, a quarter of a pound each of onions and garlic, and add two ounces each of cayenne pepper and ground ginger, and a quart of lemon juice. Mix all together, and put into a closely covered jar.

### PERSIAN PICKLES.

Take a quart each of small green tomatoes, small onions, and French beans (green beans), one cauliflower, a cupful of nasturtium seeds, two quarts of pure cider vinegar, two pounds of sugar, two small turmeric tubers, two ounces of mustard seeds, a cupful of olive oil, and two ounces of ground mustard. Parboil the onions, beans and cauliflower separately, put the nasturtium seed and green tomatoes in brine for twenty-four hours, heat the vinegar, mix the turmeric and mustard in a little cold vinegar, and add to the hot vinegar, stirring with a wooden spoon until thick, and then add

oil, sugar and mustard seed. Cook for four minutes, and pour over the prepared vegetables. Pack in earthenware or glass jars.

### **PICCALILLI.**

Cut in thin slices a peck of green tomatoes and six onions, pack in layers in an earthenware jar alternately with a teacupful of salt. Let it stand over night and in the morning pour off the liquid that has formed, and add four green peppers, then chop all fine. Put the ingredients in a preserving pan with a pint of pure cider vinegar (or lemon juice), and a tablespoonful each of cloves, cinnamon and white mustard seed. Cook until soft and sweeten to taste. Pack in earthenware or glass jars, and set away in a cool, dry place.

### **PICKLED BEET-ROOTS.**

Boil the beet-roots until soft ; slice and peel them, pour on lemon juice while they are hot, and then set away to cool.

### **TOMATO KETCHUP.**

Scald, peel and core a peck of sound, ripe tomatoes, and mash them as though for stewing. Season with a tablespoonful each of ground cinnamon, cloves, allspice and mace, and half a teaspoonful of cayenne pepper, salt to taste, and add three large onions cut very fine. Put all in a preserving pan to boil ; when the tomatoes are thoroughly done, rub them through a sieve to remove the seeds, spice, etc. After straining return to the pan, and boil until thick like cream. Set aside and when cold put into clean bottles, filling each to within half an inch of the cork, then pour in on top of each a teaspoonful of salad oil. The bottles should be kept in a cool, dry place, resting on their sides.



## EGGS.

### APPLE OMELET.

**P**ARE and core four large apples. Boil until tender, and rub through a sieve ; beat smooth while hot, and add a tablespoonful of cocoanut butter, three tablespoonfuls of sugar and half a teaspoonful of ground cinnamon. Whip separately the whites and yolks of four eggs ; add the yolks first to the beaten apple, mixing well, and then the whites. Pour all into a baking dish, and bake to a delicate brown colour in a moderate oven. The addition of pine kernel butter improves the flavour.

### AUBERGINE OMELET.

Pare and cut into slices one aubergine ; soak it in strong salt water for an hour. Take from the water and put in a saucepan, adding fresh water, and boil until tender. Then make the omelet, folding the cooked aubergine in the centre, and serve.

### BELGRAD EGGS.

Remove the shells from six hard-boiled eggs, chop the whites fine, and rub the yolks through a sieve. Do not mix them. Now put on a cupful of milk to boil, rub a tablespoonful of corn flour with a tablespoonful of olive oil, and add to the boiling milk ; then add the chopped whites, a little salt and a dash of cayenne pepper. Prepare half-a-dozen squares of toasted salt-rising bread on a dish, pour the mixture over the toast in a thin layer, then a layer of the prepared yolks, then the remainder of the whites, and lastly the rest of the yolks. Serve on lettuce leaves garnished with parsley. Mushrooms, with lemon, or asparagus and tomatoes, combine well with this dish.

### BEULAH EGG.

Beat to a froth the whites of two eggs, add slowly the juice of half a lemon, and keep beating it for a few minutes. This dish combines with nuts, rice and fruits with good results. Do not use milk with this meal.

### CHEESE OMELET.

Mix to a smooth paste three tablespoonfuls of flour with half a pint of milk. Beat together four eggs, and a quarter of a pound of grated old cheese, and add to the milk, beating briskly for several minutes. This may be cooked in individual dishes set in boiling water, or in a double boiler, boiling thirty minutes. Serve with ketchup or tomato sauce.

### COLUMBUS EGGS.

Remove the shells from six hard-boiled eggs, and cut them in halves around the centre, cutting off a thin slice from the small end of the egg, so that it can stand upright, as did the famous egg which Columbus handled. Mix to a paste, with mayonnaise dressing, half of the yolks and some finely chopped nuts with it ; fill the empty whites, taking care not to break them ; press the two parts together and stand on a dish so that they will have the appearance of eggs that have not been bisected. Now take the remaining half of the yolks, and mash them through a sieve ; take half a cupful of mayonnaise dressing and mix with it six olives chopped fine, and pour over the eggs ; then take the pulverised yolks and sprinkle over the top. Garnish the edges with watercress or sprigs of parsley.

### CUSTARDS.

It is preferable to cook custards in a double boiler rather than baking in an oven. If put in a china or earthenware bowl and set in a saucepan of boiling water until done, the flavour will be found to be admirable. Do not flavour custards with nutmeg ; this spice is objectionable because its poisonous properties often produce cholera morbus.

### DEVILED EGGS.

Take six hard-boiled eggs, which have been dropped into cold water immediately after boiling ; remove the shells, and cut in halves, taking care not to break the whites. Take out the yolks, and rub them to a smooth paste with a tablespoonful of olive oil ; add two tablespoonfuls of chopped mushrooms and parsley flavoured with lemon juice. Heat and mix well ; then stuff the whites and garnish with lettuce or watercress, and serve.

### **HARD-BOILED EGGS.**

Put the eggs in cold water, bring the water to 170 degrees Fahrenheit (about steaming point), set on the back of the stove for forty-five minutes. In this way the albumen will be reduced to a jelly-like substance, easily digested, and the yolks will be dry and mealy. A double boiler may be used to advantage, the temperature being more easily controlled, but the water in the outer vessel must be continuously kept near the boiling point, as the contents of the inner boiler must be kept to the required heat.

### **LENTEN CHOPS.**

Boil six eggs for fifteen minutes ; remove the shells and rub the yolks through a sieve and chop the whites, not making them too fine. Put a cup of milk over the fire, and when at the boiling point, stir in two tablespoonfuls of whole meal flour, which has been rubbed smooth with two tablespoonfuls of olive oil ; season with salt, and a dash of cayenne pepper, and stir until smooth and thick ; remove from the fire and when almost cool stir in the prepared yolks and whites, and a very little onion juice. When cool enough to handle, form in the shape of chops, roll them in beaten egg, then in bread crumbs or Indian cornmeal, and fry to a delicate brown in olive oil. Take a piece of macaroni about three or four inches long, and stick in the small or pointed end of each chop, and arrange in the centre of a dish. Now take tomato or browned sauce, and add to it a tin of French peas or extra small sifted peas, and pour around the chops, but not over them. Mushrooms and tomato sauce make a very fine garnish when served with green parsley and lettuce leaves.

### **NEW OMELET.**

Take a cupful of fine bread crumbs, and pour over them two-thirds of a cupful of sweet milk. Stir until thoroughly moistened and smooth ; then add the yolks of two eggs, beating them into the bread and milk one at a time ; add the whites beaten to a stiff froth. Bake in a buttered dish in a moderate oven until well set. The top may be sprinkled with grated cheese, or for a sweet omelet a sprinkling of maple sugar is recommended.



### **POACHED EGGS WITH MUSHROOMS.**

To one tin of mushrooms turned into a saucepan add half a teaspoonful of salt, a dash of cayenne pepper, and a few drops of lemon juice. Boil for ten minutes, then take out the mushrooms and thicken the sauce with a little flour. Pour the sauce on a dish, and arrange ten poached eggs around the outside, put the mushrooms in the centre ; serve hot with toast. Garnish with parsley and water-cress.

### **POACHED EGGS ON TOAST.**

Toast slices of whole meal or rye bread to a golden brown in a moderate oven ; while hot dip them into boiling water for a few seconds ; remove quickly and arrange on a large dish. Place one egg on each piece of toast, and garnish with parsley or cress, and serve hot.

### **POACHING.**

Put eggs in water at a temperature of 132 to 160 degrees. Have enough water to cover, and as soon as a film has formed over the yolk and the white is set and jelly-like, remove them from the water and serve at once. Always keep the water below boiling point. Remove the life germ from eggs broken for poaching or cooking purposes, as it is heating to the system. An egg-poacher may be used in poaching if desired.

### **SCRAMBLED EGGS.**

Break six eggs into a bowl, add a pint of hot milk and stir quickly. Stir in a small tablespoonful of cocoanut butter and a little salt ; cook for twenty minutes in a double boiler. Eggs and omelets should be cooked at a low temperature in a double boiler, but not fried.

### **SOFT BOILED EGGS.**

Allow one pint of water to each egg. If you wish to boil six eggs take six pints of water, put in a saucepan and bring to the boiling point ; set on the back of the stove, put in the eggs, and allow them to remain in the water from three to eight minutes. Promotes bowel action when eaten with fruit.



**SPANISH OMELET.**

Take one onion, one green pepper, a few strips of red pepper, a tablespoonful each of mushrooms and French peas, and half a tablespoonful of parsley ; have all finely chopped. Mix into it four well beaten eggs, keeping it all very cold. Now add three tablespoonfuls of cream. Pour into a dish which will set in a large tin of boiling water. Place in the oven and let it cook for fifteen minutes.

**SULTANA EGG.**

Take whites of two eggs beaten to a froth and stir into it the pulp of two finely-scraped apples. Beat until smooth and white. Add a cupful of cocoanut milk and a tablespoonful of finely-ground cocoanut. Flavour with vanilla and cinnamon water, and eat with flaked rice.

**SWISS EGGS.**

Cover the bottom of a baking dish (one without a cover) with a little olive oil, and on this scatter grated cheese. Carefully break the eggs upon the cheese, taking care not to break the yolks, and season with a little salt. Pour a little cream over the eggs and sprinkle with grated cheese and set in a moderate oven for about fifteen minutes. Serve with tomato sauce.

**TOMATO SCRAMBLE.**

Take two tablespoonfuls of butter and soften to the melting point, drop into it a finely chopped onion, and when tender add small bits of two fresh tomatoes (tinned tomatoes may be used) and a teaspoonful of finely chopped parsley. Allow to simmer for three minutes and then add four well-beaten eggs and two tablespoonfuls of rich cream. Stir slowly for three minutes and serve on lettuce, garnished with endive and radishes.

**VEGETABLE OMELET.**

Chop finely together one onion, two heads of crisp lettuce or parsley, and a green pepper, adding a little salt. Mix with four well-beaten eggs and three tablespoonfuls of cream. Cook for thirty minutes in a double boiler and serve.

**YOKOHAMA EGGS.**

Take the yolks of two eggs and beat until foaming. Salt a little, and add drop by drop the juice of one lemon. Flavour with a pinch of saffron. Eat with rice soaked in milk.

**YOULKA EGG.**

Take the yolks of two eggs, and beat for five minutes. Stir into it a pint of sweet milk, add a dash of salt. Keep beating for five more minutes. Flavour with pineapple or any other juice. This combines well with St. John's bread.

# SANDWICHES.

**T**HERE is no end to the variety of sandwiches which are particularly suited for picnics, parties and travelling. A little attention and interest will soon develop an endless variety of compounds.

## CHEESE SANDWICH.

Blend the yolks of two hard-boiled eggs with a tablespoonful of cocoanut butter, olive oil or peanutta ; add three tablespoonfuls of grated cream cheese and a pinch of salt. Spread between slices of bread, having first laid lettuce, parsley or watercress leaves between the slices of bread. Neufchatel may be used instead of cream cheese if desired, and pine kernel butter instead of peanutta.

## DIVERS SANDWICH.

Apple sauce with a layer of whipped cream, spread between slices of bread, make very nice sandwiches. Asparagus, also sliced tomatoes laid between slices of bread which have been spread with French mustard and cream cheese, garnished with sorrel leaves or cress. Salsify, egg-plant (aubergine) or green tomato fritters garnished with horse radish and put between slices of bread, make nice sandwiches.

## FIG SANDWICH.

Put into a double boiler half a pound of well-washed figs, a tablespoonful of sugar, half a lemon, and a cupful of water. Cook until tender, then strain and chop the figs very fine and add to the juice. Take twelve slices of bread, dip them quickly, one side only, in cold water, place the wet sides of two slices together and toast them in a moderate oven until the outsides are a golden brown. Separate the slices and put a thick layer of the fig filling between each ; press together and set away to get cold.

## FRUIT SANDWICH.

Chop finely a quarter of a pound each of candied cherries, seeded raisins, and dates ; add a quarter of a pound of cocoanut, two tablespoonfuls of grape juice, and the juice of half an orange,

and mix all well together. Spread almond butter on slices of bread, follow with the fruit, and put the slices together.

### **GINGER SANDWICH.**

Take eight slices of bread ; dip quickly one side of each in cold water, lay the wet sides together and toast to a golden brown in a moderate oven. Separate the slices and put between them a filling composed of four lettuce leaves and half an ounce of candied ginger cut into small slices.

### **OLIVE SANDWICH.**

Toast slices of bread as for ginger sandwiches. Spread on a thin layer of peanutta, then a layer of Neufchatel cheese, and sprinkle with minced olives ; those stuffed with small red peppers may be used if desired.

### **PEANUT SANDWICH.**

To a cupful of peanut butter add half a cupful of salad dressing ; mix thoroughly and spread between slices of bread.

### **RAISIN-NUT SANDWICH.**

Chop finely half a pound each of seeded layer raisins and English walnuts. Moisten with two tablespoonfuls of grape juice, then spread on slices of bread and lay together.

### **SAVOURY SANDWICH.**

Mash finely with a wooden spoon half a pound of peeled tomatoes, rub into them the yolks of two hard-boiled eggs ; add a pinch of sugar, a dash of cayenne pepper, and the chopped whites of the eggs. Put a tablespoonful of olive oil or cocoanut butter into a heated saucepan, pour in the mixture, and when hot add a teaspoonful of flour which has been worked to a cream with a little cold water, boil until thickened, and set aside to cool. Put between slices of brown bread which have been spread with nut butter.



## PUDDINGS AND CUSTARDS.

IT is indeed a trite but old saying that "the proof of the pudding is in the eating." Too often the testimony is dearly bought, especially when the burden of the proof rests on the digestive organs like unto a nightmare. Pure and fresh ingredients other than animal, placed in the hands of an intelligent cook, may be resolved into "a midsummer night's dream," with all the paraphernalia to match. The omission of animal fats and corn flour or other starch, sago, tapioca and arrowroot, from puddings will be a decided move toward robbing them of their greater evils.

### AMBER PUDDING.

Take a pound and a half of apples, and cut into small pieces, peelings and cores included. Put them into a saucepan with a piece of lemon rind and a little lemon juice, two ounces of butter, and three ounces of sugar, and stew them until soft and mushy. Strain first through a colander and then a fine sieve. Stir in the yolks of three eggs. Line a pie-dish with crust and pour into it the above mixture, and place into a moderate oven for fifteen minutes. Whip the whites of the eggs to a stiff froth, add some sugar and lemon flavouring, and pour over the top. Sprinkle with castor sugar, return to the oven to brown, and decorate with candied fruits.

### APPLE COBBLER.

Line a pudding basin with crust; fill the dish with sliced tart apples, and sufficient sugar to sweeten to taste. Sprinkle over the top a small quantity of ground cinnamon and cloves. For the crust use sufficient flour, into which has been sifted half a teaspoonful of baking powder, to make about the consistency of soft ginger bread. Steam over boiling water in a steamer for three or four hours. The water should be boiling when the pudding is put in, and continue to boil during the entire time of cooking. Serve with sauce to taste. Sliced peaches or other fruits may be substituted for apples to give variety.

**APRICOT PUDDING.**

To two cupfuls of flour add a level teaspoonful of salt, finely powdered, three tablespoonfuls of sugar, two tablespoonfuls of melted butter, four eggs, whites and yolks beaten separately, and a cupful of sweet milk. Beat the batter for several minutes until it aerates. Into well oiled cups put a layer of batter, then a layer of sliced apricots, and cover with batter. Steam for twenty minutes and serve with the following sauce.

**Sauce for Apricot Pudding.**

Put a cupful of sugar into half a cupful of water, and boil for five minutes. Add the juice of cooked or tinned preserves, and a rounded teaspoonful of butter; let it all come to the boiling point and add a tablespoonful of corn-flour dissolved in cold water, and a pinch of salt. Let it boil up again and add the juice of half a lemon or more to suit the taste, and serve.

**CHESTNUT PUDDING.**

Boil chestnut meal with fruit sauce for ten minutes, then set aside to cool. Serve, garnished with sliced oranges in sauce dishes.

**CHOCOLATE PUDDING.**

To a quart of milk add a cupful of browned bread or biscuit crumbs, three well-beaten eggs, a cupful of sugar, one teaspoonful of vanilla, and two squares of melted chocolate. Mix thoroughly and put into a baking dish and bake until nicely browned. Serve with or without sauce.

**CHRISTMAS PUDDING.**

1 lb. stoned raisins,	$\frac{3}{4}$ lb. chopped nut suet,
$\frac{3}{4}$ lb. sultanas,	1 lb. grated apples,
$\frac{1}{2}$ lb. currants,	$\frac{1}{4}$ lb. bread crumbs,
$\frac{1}{4}$ lb. candied peel,	2 oz. flour (dry),
$\frac{3}{4}$ lb. brown sugar,	$\frac{1}{2}$ lb. ground almonds,
$\frac{1}{4}$ pint brandy,	6 to 8 eggs, according to size.

Juice and rind of two lemons, a few muscatels, also a little marmalade and anything fruity. Grease the basin well and fill it with the pudding as it does not rise, and boil it for eight hours.

Take off the cloth, wash and dry it, tie up the pudding tightly and put it away until desired for use. When required for use boil it three hours longer. This recipe makes about eight pounds.

### **COCOANUT CUSTARD.**

This variation is made by adding grated cocoanut to the custard before baking. If shredded cocoanut is used, it should be boiled in milk until soft.

### **COCOANUT PUDDING.**

Take half a pound of sugar, and half a pound of grated cocoanut, two tablespoonfuls of cocoanut butter, a cupful of browned bread crumbs or finely broken thin biscuit crumbs, two eggs, and a quart of milk. Add the milk to the bread or biscuit crumbs, then the eggs well-beaten. Mix all together, flavour with vanilla and bake in an earthenware dish. Serve with sauce to suit.

### **DRIED APPLE CUSTARD.**

Cook a pint of dried apples until tender and easily mashed through a sieve ; while the fruit is warm add a tablespoonful of clarified butter. Stir in three well-beaten eggs, a pint of rich cream, the juice of one lemon and the grated rind of half a lemon. Line a pie dish with crust ; pour in the mixture and bake for twenty minutes.

### **FRUIT PUDDING.**

Cut two oranges in halves, press out the juice, keeping the halves unbroken. In the juice soak for an hour two finely sliced bananas and two peaches, keeping the dish packed in ice. Whip sweet cream to a stiff consistency ; flavour with ten drops of vanilla and a dash of nutmeg. Keep it on ice. Now sprinkle with corn-flour the inside of the four half orange peels ; put in a little whipped cream, now a little fruit and whipped cream, and so on until the oranges are filled and the top covered with whipped cream.

### **NEW ENGLAND BREAD PUDDING.**

Into a three-quart pudding dish break five fresh eggs and beat until light ; add a quarter of a teaspoonful of salt, two cupfuls of granulated sugar, two cupfuls of browned bread crumbs, two quarts of fresh milk, a tablespoonful of cocoanut butter or olive oil, and



half a teaspoonful of cinnamon. Bake in a moderate oven for about forty-five minutes, or until no longer milky, testing now and then with a knife. Do not bake it too long as too much baking will spoil it. When done, spread over the top a thick layer of currant or other jelly, and over that a meringue made by beating the whites of two eggs with icing sugar ; replace in the oven until delicately browned, then remove immediately. In all bread puddings, care should be taken to have the crumbs well-browned, as the soft portion of bread becomes doughy when soaked in milk or other liquid and will have a raw taste.

### **NUT PUDDING.**

To a quart of milk add two cupfuls of browned bread or biscuit crumbs, three well-beaten eggs, a cupful of sugar, half a cupful of orange juice, three tablespoonfuls of almond or peanut butter, and a pinch of salt. Mix all well together, put in a pie dish and bake in a moderate oven until nicely browned ; or it may be put in a steam cooker for an hour. Serve with sauce to taste.

### **ORANGE CUSTARD.**

Beat well together the yolks of six eggs and half a cupful of icing sugar ; to this add two cupfuls of orange juice and the grated rind of one orange. Put in individual dishes and cook in a steamer until it solidifies, then set away to cool.

### **ORANGE MARMALADE.**

Take a dozen oranges and four lemons and cut them into halves. Soak in four quarts of water for twenty-four hours, then boil until it becomes transparent. When done cut the fruit in very fine shreds with a sharp knife, and return it to the liquid. To every pint of the fruit add a pound of sugar, then bring it all to the boiling point and cook briskly for twenty minutes, and then bottle. Remember that the fruit is simply to be covered with water, so you will have to use judgment, as the quantity of water will depend upon the size of the fruit and the amount of juice it contains. Preparations of this kind are to be used upon special occasions only and not as food.



### **PRUNE PUDDING.**

Soak a pound of prunes in hot water for twenty-five minutes, then boil them over a slow fire for three to four hours until their natural sweetness is restored, adding a stick of cinnamon. Remove the stones and wash them through a sieve. Add the whites of six well-beaten eggs, and bake in a moderate oven for fifteen minutes. Pour over it the juice of two sweet oranges and serve with whipped cream flavoured with vanilla. This may be served in the rind of oranges if desired.

### **QUEEN CUSTARD.**

Mix with a quart of fresh milk the well-beaten yolks of four eggs, two tablespoonfuls of ground almonds, half a cupful of sugar, a cupful of finely ground biscuit crumbs or browned bread crumbs, a little grated orange or lemon peel, a pinch of salt. Put in a pudding basin and set in a steam cooker for an hour. Beat the whites of the four eggs with icing sugar, and spread over the top of the pudding when done, and set in the oven till the meringue is crisp. Remove from the oven and let it get cold before serving.

### **STEAMED FRUIT PUDDING.**

Take a cupful of seedless raisins, half a cupful each of finely-chopped citron peel and of ground almonds, three well-beaten eggs, a tablespoonful of cocoanut butter or olive oil, four cupfuls of fine biscuit crumbs ; mix all together and add sufficient milk to make a stiff paste. Put in a pudding basin and cook in a steamer for two hours. Serve while hot with a suitable sauce.

### **SULTANA PLUM PUDDING.**

Take a cupful each of raisins, dried apples, peaches, and half a dozen each of figs and dates, and three fresh bananas, and boil for thirty minutes. In a separate saucepan cook for two hours two cupfuls of prunes, adding a stick of cinnamon. Remove the stones from the prunes and mix with the other fruit. Boil two tablespoonfuls of tapioca in a quart of water until clear, then mix it with the fruit, adding three tablespoonfuls of finely-chopped or ground nuts, also some lemon peel and citron. Allow the mixture to boil for an hour or more over a slow fire. Wet a mould and pour it in as you would jelly. Serve upon a layer of flaked rice or tapioca,

soaked in orange or pineapple juice. Just before serving pour over each individual dish a little grape brandy and light it with a match. Serve with whipped cream flavoured with lemon.

### **TAPIOCA PUDDING.**

Boil two tablespoonfuls of tapioca in a quart of water until clear ; while boiling add a stick of cinnamon. Flavour with vanilla, and turn it out as you would jelly.

### **UNCOOKED PUDDING.**

Take one cupful each of rice flakes and toasted corn flakes, pour over it a mixture of a cupful of beaten bananas and half a cupful of grated apple ; sprinkle with a quarter of a teaspoonful of Saigon cinnamon. Serve in custard glasses filled with whipped cream, garnished with candied or Maraschino cherries.

## PIES AND TARTS.

THERE can be no objection to the eating of pies and tarts if they are well-baked and their crusts do not contain animal oils.

Doughy tarts of ghostly hue, flavoured with the extract of swine adipose tissue, can scarcely be expected to answer as an after-dinner relish for every hungry mortal.

In making crust for tarts, use only vegetable oils, such as olive, cottonseed or cocoanut. To insure a fine palatable crust, before using beat the oil until it is forthy. Such oil will make a much finer crust and work more readily with flour than animal fats or butter, and will require less oil.

Clarified butter may be used, but it is considered objectionable on account of its indigestibility. Persons subject to stomach and liver disorders should not use it, nor any other animal fat, for that matter. Admixtures of animal fat and starch, such as pies, tarts pastry, etc., should not be given to children.

Always bake pastry until the upper and under crusts are both a golden brown, otherwise they are indigestible and lie heavily on the stomach. The human stomach has developed beyond the digesting of raw starch, and attention to this fact will alleviate much suffering.

Students and others in the schoolroom will sooner or later pay the penalty for the continued eating of noonday lunches composed of white bread, and half-baked pastry impregnated with animal fats.

### CRUST FOR PIES AND TARTS.

Sift together a quart of flour and a teaspoonful of salt ; add two-thirds of a cupful of well-beaten cocoanut, olive or cottonseed oil, working it in thoroughly ; then pour in gradually a cupful of cold water. Knead into a firm dough with the least possible handling ; roll out on a floured board to a thin sheet and lay on a pie dish. Before putting in the filling, wet the layer of crust with the beaten white of an egg, to prevent juices soaking through and making the crust soggy. Bake pies and tarts in a moderate oven,

being careful to brown the lower as well as the upper crust. This is enough for four pies or tarts.

### **APPLE-CUSTARD TART.**

To each cupful of apple sauce, add two well-beaten eggs and half a cupful of fresh milk. Fill the crust-lined dish, sprinkle over a little ground cinnamon, or add vanilla flavouring, cut strips of the crust and lay across the top, then bake.

### **APPLE PIE.**

To make an apple pie that is a charm, it is necessary to use finely flavoured, tart apples. Pare and core them, and with a little water, put into an enamelware saucepan over the fire and boil until soft. Add sugar to taste and beat to a smooth cream. Put a generous quantity into each crust-lined dish, add a dash of ground cinnamon, then put on the upper crust and bake to a golden brown in a brisk oven.

### **BUTTERMILK FILLING.**

Take a cupful of buttermilk, a cupful of sugar, the yolks of three well-beaten eggs, and three tablespoonfuls of corn-flour. Flavour with lemon. Fill the crust and bake.

### **CHEESE TART.**

Line a tart dish with plain pastry and fill with a custard made as follows: Rub two cakes of Neufchatel cheese through a sieve, add two well-beaten eggs, a tablespoonful of flour and a little grated nutmeg; stir, fill the crust and bake.

### **CUSTARD TART.**

Make a custard of three well-beaten eggs, two tablespoonfuls of castor sugar and a pint of sweet milk, flavouring to taste. Put into crust-lined dishes and bake in a slow oven. When done, take out and spread with the beaten whites of eggs, which has been sweetened to taste, return to the oven and bake until slightly browned. Set aside to cool and then serve.

### **DATE TART.**

Soak a pound of dates over night, stew until they can be mashed through a sieve. Mix with a quart of milk, three eggs, and a little



salt. Bake with an under crust only, in a moderate oven. This amount of filling will make three tarts. Figs may be used instead of dates for variety, but they will not need to be finely chopped.

### **FIG TART.**

Soak a pound of cured figs, finely chopped, in a pint of sweet cream for two hours. Mash well and add another pint of cream, two tablespoonfuls of grated almonds, three well-beaten eggs, and a good pinch of salt. Bake with an under crust only, in a moderate oven. This will prove an excellent laxative if used with bran bread and light cocoa-shell tea sweetened with fresh cream. Grated cocoanut may be used instead of almonds to make a change.

### **FRUIT PIE.**

Select the fruit desired, such as grapes, peaches, plums, pears, etc., stew them until well done, then put between two crusts and bake to a golden brown. Flavour with ground cinnamon or use extract to taste.

### **JELLY TART.**

Beat the yolks of four eggs and add a cupful of sugar creamed with half a cupful of butter. Mix thoroughly and add the frothed whites of the eggs. Now add a cupful of tart jelly and two teaspoonfuls of orange juice. Line the dish with crust and pour in the filling. Bake for about three-quarters of an hour.

### **LEMON CURD TART.**

Soak half a cupful of biscuit crumbs for half an hour in a cupful of milk. Cream together half a cupful of icing sugar, two tablespoonfuls of cocoanut butter or olive oil, whip in the beaten white of one and the yolks of three eggs, reserving the remaining whites for a meringue. Add the juice and grated rind of two lemons, then the soaked biscuit crumbs. Pour all in a crust-lined dish, and bake in a moderate oven to a golden brown. Make a meringue of the whites beaten with two tablespoonfuls of icing sugar. When the tart is done, spread the meringue over it, and return to the oven long enough to slightly brown. Serve cold.

**MINCEMEAT PIES (NO. 1).**

Make mincemeat as follows : Take a pound each of washed and dried currants, seeded raisins, finely cut citron, and of sugar, half a teaspoonful of salt, the juice of two oranges and a little of the grated rind, the juice and grated rind of one lemon, a quart of grape juice, a teaspoonful of ground cinnamon, the same of mace, a pint of finely-chopped apples, and a pint of ground roasted peanuts ; mix thoroughly. This amount is sufficient for six good-sized pies. Put between two crusts and bake until nicely browned.

**MINCEMEAT PIES (NO. 2).**

1 lb. nut suet,	1 lb. stoned raisins,
1 lb. sultanas,	1 lb. currants,
8 oz. candied peel,	4 oz. apples,
1 lb. brown sugar,	1½ nutmegs (grated),
16 cloves (ground),	½ teaspoonful mixed spices,
Juice and rind of two lemons,	1 wineglassful brandy,
	24 blanched and chopped almonds.

Chop the nut suet and the fruits, and thoroughly mix all of the ingredients. Set away in a cool place to be used for pies and tarts. This recipe makes seven pounds of mincemeat.

**ORANGEADE TART.**

Put a quarter of a pound of butter on the stove to melt slowly so the salt will settle to the bottom. Now pour off the butter and add half a pound of castor sugar, and cream them together. Add the juice and finely grated rind of three oranges, six well-beaten eggs and two thin lunch biscuits, finely-pulverised, to give consistency. This will make filling for two tarts.

**ORANGE TART.**

Beat together the yolks of four eggs and eight tablespoonfuls of sugar ; add the juice and grated rind of two oranges, and two-thirds of a cupful of milk. Bake for thirty minutes in an under crust. For the meringue, beat to a firm paste the whites of four eggs with four tablespoonfuls of icing sugar and spread over the

top of the tart when done, then return to the oven and bake until delicately browned. Serve cold.

### **PLAIN CUSTARD FILLING.**

Take a cupful of water and a cupful of sugar, a tablespoonful of flour, three eggs, and a teaspoonful of oil. Beat all thoroughly and flavour. Bake in a quick oven in a crust-lined dish.

### **PUMPKIN TART.**

Stew the pumpkin until soft, then press through a sieve. To a quart of pumpkin allow two quarts of milk and six eggs ; beat the eggs well and stir into the milk, adding gradually the sifted pumpkin. Now add a teaspoonful of cocoanut oil or olive oil, a little salt, a teaspoonful of ground cinnamon, and sweeten to taste. Pour into crust-lined dishes and bake in a quick oven. When done, take out and spread over each tart a generous amount of well-beaten, thick, sweet cream and icing sugar ; return to the oven until a delicate brown film has formed, then take out and set away to cool.

### **RAISIN PIE.**

Take a cupful each of milk and maple syrup, a pint of well-chopped seeded raisins, a tablespoonful of cocoanut butter, one teaspoonful each of finely-ground pine kernels, cinnamon and shredded lemon peel. Put in a pie dish and cover with a crust, cutting slits in it to allow the steam to escape, and set in a moderate oven and bake to a golden brown. Serve with a cream sauce.

### **RHUBARB PIE.**

Pour boiling water over two teacupfuls of chopped rhubarb, after five minutes drain off the water ; then add a teacupful of sugar, the yolk of an egg, a teaspoonful of cocoanut butter or olive oil, one tablespoonful of flour, and three tablespoonfuls of water. Put between two crusts and bake to a light brown colour in a moderate oven.

### **TREACLE TART.**

To four lightly beaten eggs add a cupful of treacle, half a cupful of sugar, two teaspoonfuls of corn-flour, and a pinch of nutmeg. Set into a dish of hot water to thicken. Fill the crust and bake.

**STRAWBERRY TART.**

Line a dish with crust, and bake in the oven until nicely browned. Take from the oven and fill with fresh, ripe strawberries ; sprinkle with icing sugar, then spread over the tart the well-beaten whites of eggs mixed with enough sugar to make a meringue. Set in the oven and bake until slightly browned.

**SWEET TART.**

Beat together the yolk of one egg, a tablespoonful of butter, and two tablespoonfuls of sugar. Add the dust of four finely rolled thin lunch biscuits, and a cupful of milk. Boil it all until thick. Beat the white of egg until light, and stir it in. Bake in an open crust.



## CAKES AND MUFFINS.

IN the making and use of cakes and pastry it is well to have a certain amount of knowledge of chemistry and digestion. The principal ingredients of cakes are white flour (starch), sugar and oil ; all three being carbon, differing only in form. When separate and properly prepared, they are not difficult to digest ; but when combined, without due knowledge, into one mass, they form a mixture revolting to a sensitive stomach. The fact that sugar is digested principally in the mouth and throat, starch in the stomach, and animal oils emulsified in the duodenum, is sufficient evidence that harmful results would follow the taking into the stomach of these three forms of carbon incorporated into one mass. Scientific investigation has proved that only vegetable oils, such as olive, cottonseed, and cocoanut, can, in limited quantities, be digested in the stomach ; while animal fats cannot be digested, so must pass to the duodenum, there to be emulsified by the action of the bile and pancreatic juices, before they can be assimilated. Again, when the starch cells have been surrounded with animal fats, the action of the gastric juices is impaired, and digestion is prevented ; fermentation and acidulation follow. From this it can readily be seen that animal fats have no place whatever in cookery, and that they should be entirely superseded by vegetable oils. Cakes, when made with vegetable oils and eaten only in small quantities as a dessert, are not harmful. Do not bake cakes in tins. The oxide of tin, formed by the heat during baking, permeates the cake and poisons the system when eaten. Use moulds made from china, earthenware, or aluminium. Be sure the flour is perfectly dry. Have the eggs cold before whipping. Bake large cakes in a moderate oven ; and lay a sheet of clean, white paper on top of the cake when it is first placed in the oven, to prevent a sudden formation of a top crust which would interfere with its rising.

Remove the paper when the cake has become thoroughly heated and well raised, otherwise it will not brown. A basin of

water set in the oven alongside of the cake is often advantageous in preventing burning. To insure fine cakes beat the oil with a fork after heating.

### **ALMOND BISCUITS.**

Into three cupfuls of flour put a tablespoonful of cinnamon cream, a cupful of blanchéd and finely-chopped almonds, one and a half cupfuls of sugar, three-quarters of a cupful of melted butter and lastly, the yolks of six eggs. Beat all together thoroughly. Drop small spoonfuls on a well-oiled mould and bake to a light brown.

### **ANGEL CAKE.**

To a cupful of sifted flour, add a teaspoonful of cream of tartar and sift four times. Now add one and a half cupfuls of sifted castor sugar, a teaspoonful of vanilla, then fold in the whites of eleven eggs, after beating them to a froth. Bake in an unoiled mould for forty minutes. When done invert the mould on two cups and let it stand until the cake is cold. By adding the sugar to the whites of the eggs, then the flour with the cream of tartar, and lastly the vanilla, the cake will have a different flavour.

### **BEATEN BISCUITS.**

Into a quart of flour rub three tablespoonfuls of butter or vegetable oil, a tablespoonful of sugar, and a teaspoonful of salt; add enough milk or water to make a stiff dough. Lay it on a floured breadboard and beat until it blisters and cracks loudly. Roll out, cut and prick with a fork and bake in rather a quick oven.

### **CAKE NUTS.**

To three tablespoonfuls of ground, raw peanuts, add half a cupful of finely crushed bread crumbs, two eggs and half a cupful of milk. Season and flavour to taste. Drop with a spoon into hot oil and brown. Other nuts may be substituted for peanuts.

### **CHOCOLATE GLACE.**

Put into an enamelled saucepan half a pint of sugar and a quarter of a cupful of water, boil gently until bubbles begin to come from the bottom, say for five minutes; then remove instantly from the fire. Do not stir or shake the sugar while cooking. Pour the

hot syrup in a thin stream into the whites of two eggs that have been whipped to a stiff froth, beating the mixture all the time, and continue to beat it until the glaze is thick. Flavour with a teaspoonful of vanilla. Use two-thirds of this as a white icing, and to the remaining third add an ounce of melted chocolate. To melt the chocolate, shave it fine and put it in a cup which is then to be placed in a saucepan of boiling water.

### **CHOCOLATE LAYER CAKE.**

Beat half a cupful of butter to a cream, and gradually beat into it a cupful of sugar. When this is light, stir in half a cupful of sweet milk, and a teaspoonful of vanilla. Whip the whites of six eggs to a stiff froth ; then mix half a teaspoonful of baking powder with two scant cupfuls of flour. Stir the flour and whites of eggs alternately into the mixture. Have three deep baking dishes well oiled, and spread two-thirds of the batter in two of them. Into the remaining batter stir an ounce of melted chocolate, and turn this batter into the third dish. Bake the cakes in a moderate oven for about twenty minutes. Put a layer of white cake on a large plate, and spread with white glaze ; then put the dark cake on this, and also spread with white glaze, and on this place the third cake, and cover with the chocolate glaze.

### **CHOCOLATE-MARSHMALLOW CAKE.**

With one and a half cupfuls of flour sift a heaping teaspoonful of baking powder. Cream four ounces of cocoanut butter with half a pound of icing sugar, and add the yolks of three well-beaten eggs. Beat the whites of the eggs to a stiff froth, and mix all with the flour, adding slowly a gill of sweet milk. Flavour with half a teaspoonful of vanilla, and bake in two jelly-cake moulds.

### **COCOANUT COOKIES.**

Cream a cupful of shredded cocoanut in two cupfuls of flour, three-quarters of a cupful of sugar, and half a teaspoonful of cinnamon ; to this add half a cupful of butter, and lastly the yolks of four eggs. Drop small spoonfuls into a well-oiled mould, and bake to a light brown.



**CRANBERRY FILLING.**

Pick over and wash carefully a quart of cranberries. Cook them for five minutes in an enamelled or earthenware vessel, using sufficient water to cover ; then pour off the water and add the same quantity of boiling water. After cooking for two or three hours, mash them through a colander. Add enough sugar to sweeten to taste, then set on the back of the range and allow to simmer for twenty minutes. Spread between layers and on top of cake, and serve with cream.

**CREAM CAKE.**

Cream until very light half a cupful of oil with one and a half cupfuls of sugar. Add one and a half teaspoonfuls of vanilla, a teaspoonful of lemon juice, a cupful of warm water, and sprinkle in gradually three cupfuls of well-sifted flour. Beat for five minutes, then add the whites of six eggs that have been whipped to a froth. Bake for forty-five minutes in a well-oiled mould.

**DOUGHNUTS (NO. 1).**

Cream half a cupful of cocoanut or clarified butter with a cupful of icing sugar and one egg ; add one and a half cupfuls of sweet milk and a quarter of a teaspoonful of ground cinnamon. Sift together a pint and a half of flour and half a teaspoonful of baking powder ; mix with the liquid into a soft dough. Roll out on a well-floured board to the thickness of half an inch, cut out with a biscuit cutter, and cook to a dark brown colour, in a deep saucepan of hot cocoanut butter, olive or cooking oil. Sprinkle over with icing sugar.

**DOUGHNUTS (NO. 2).**

Cream together half a cupful of butter and a cupful of sugar ; add a cupful of milk, two beaten eggs, a teaspoonful of cinnamon, or a quarter of a nutmeg, finely grated, and a pint of flour that has been sifted with a heaping teaspoonful of baking powder. Add enough flour to make a soft dough. Roll into a sheet nearly an inch thick and cut into shape with a biscuit cutter. Fry to a dark brown colour in a deep saucepan of boiling oil. In taking out be careful not to pierce the cakes with a fork ; drain on soft brown paper, and roll in icing sugar.



### DUTCH FROSTING.

To two well-beaten eggs add a cupful of castor sugar, and two grated apples of good size, and a few drops of lemon flavouring ; keep beating until the mixture is snow-white. Very nice served with plain layer cake.

### FRUIT CAKE, PAR EXCELLENCE.

Take five pounds of seeded layer raisins, two pounds of seedless raisins or well washed currants, a pound each of figs and citron, a half pound each of candied orange peel and candied cherries, two ounces of candied ginger, and a teaspoonful of ground cinnamon ; chop well and mix thoroughly, or better still, grind all together in a vegetable grinder. Take a pound of cocoanut butter, mix with it a pound of flour, stirring until smooth. Take sixteen eggs, separate the whites and yolks, beat the whites to a stiff froth ; stir with the yolks until light, a pound of icing sugar ; then add alternately a spoonful each of beaten whites and the creamed butter and flour ; beat and mix thoroughly. Add the fruit, and a pint each of grape juice, and of red, sparkling, non-alcoholic wine. Mix thoroughly and put into a large oiled mould and bake for two hours in a moderate oven. The longer this cake is kept the better it will become ; keep it well wrapped in a tightly closed box. Almond meats may be used as a substitute for the candied cherries. If the cake is to be kept a long time, a pint of grape brandy with grape juice improves the cake.

### GINGER BREAD.

Dissolve one-third of a teaspoonful of soda in a little hot water and put it into a cupful of honey or treacle, add two well-beaten eggs, and a quarter of a cupful of warm oil or melted butter. Stir in two and two-thirds cupfuls of warm, sifted flour and one heaping teaspoonful of baking powder. Add two teaspoonfuls of powdered ginger, a teaspoonful of salt, and lastly, a cupful of boiling water. Bake in a slow oven.

The flavour may be improved by allowing a pod of vanilla to boil in the water, the pod of course to be removed. A tablespoonful of chopped almonds added with the flour will give a decided flavour.

It is well to ornament the top with a few whole blanched almonds and thin slices of candied citron.

### **GINGER CAKE.**

With five beaten eggs mix well a cupful of castor sugar ; add a quarter of a teaspoonful each of ground cloves and cinnamon, a tablespoonful of ground ginger, a quarter of a pound of mixed candied orange and lemon peel, and two cupfuls of flour, into which has been well sifted a teaspoonful of baking powder. When thoroughly mixed, add half a pound of Jordan almonds, previously blanched, slightly browned and shredded. Put in a large pan and bake for a half hour in a moderate oven.

### **GRAHAM AND RYE MUFFINS.**

To one or two cupfuls of graham or rye meal add two teaspoonfuls of pure baking powder, a cupful of sweet milk, and two tablespoonfuls of melted butter. Stir quickly and bake in muffin moulds for twenty-five minutes.

### **HEALTH SCONES.**

To two cupfuls of whole meal flour, add half a teaspoonful of fine salt, stir well and add the well-beaten yolks of two eggs, and one and a half cupfuls of sweet milk. After stirring for a while, add the whites of the eggs, beaten to a froth, and gently fold them in. Bake in a quick oven for twenty-five minutes.

### **INDIAN CORN MUFFINS.**

Take two cupfuls of white Indian cornmeal, a teaspoonful of baking powder, two well-beaten eggs, a pint and a half of sweet milk. Stir well together and bake in hot buttered moulds for thirty minutes.

### **MARSHMALLOW FILLING.**

Boil four ounces of chocolate and half a cupful of sugar in a quarter of a cupful of water until it will form a thread between the fingers. Then take half a pound of marshmallow candy, dissolve in a tablespoonful of boiling water, and add it to the chocolate. When cool, spread half of the filling over each layer of cake ; put them together and sprinkle finely chopped nuts on the top.

### MAZDAZNAN CAKE.

Cook a cupful of sugar and four tablespoonfuls of water until it threads. Whip the whites of three eggs to a froth and pour the syrup in a thin stream into the egg, stirring until it cools. Add the yolks of the eggs and a cupful of flour. Beat quickly, flavour with vanilla or grated orange or lemon rind. Bake in a quick oven and serve with Dutch frosting.

### NUT BISCUITS.

Cream a cupful of butter with a pound of light brown sugar, add two well-beaten eggs, a cupful of sweet milk, a cupful of chopped hickory nuts, or any other nuts desired, and flour enough to stiffen. Roll out, cut into shape and bake in a very hot oven. If oil is used instead of butter use only two-thirds the quantity.

### NUT-FRUIT CAKE.

Take five tablespoonfuls of seeded raisins, two tablespoonfuls of well washed currants, a tablespoonful each of figs, citron, dates and ginger fruit; chop all well and mix thoroughly. Add three tablespoonfuls of pine kernels, two tablespoonfuls of blanched almonds, chopped very fine, and four tablespoonfuls of well-grated cocoanut. Cream three tablespoonfuls of butter with two tablespoonfuls of whole meal flour. Pour over it all half a cupful of orange juice and two tablespoonfuls of lemon juice. Knead into it two tablespoonfuls of rice flour and work it well, adding the whites of four eggs, well beaten. Roll out on chestnut flour; cut into squares and dry in the sun. Serve with whipped cream or nut cream.

### NUT-FRUIT FILLING.

Pick over and wash carefully a quart of cranberries. Cook for five minutes in a china or earthen dish, with sufficient water to cover, pour off the water and add the same quantity of boiling water, cook for two hours, then mash through a colander. Add sufficient sugar to sweeten, set back on the range and simmer for twenty minutes. When cold, add a pint of finely-chopped or ground almonds or walnuts, spread between layers and on top of cake, and serve with cream.



**NUT-FRUIT SHORT CAKE.**

Sift together a teaspoonful of baking powder and a cupful of flour, add a cupful of sugar, two tablespoonfuls of melted, clarified or cocoanut butter, two well-beaten eggs, and three tablespoonfuls of sweet milk. Have all the ingredients as cold as possible, mix quickly with a wooden spoon, put in two jelly-cake moulds, and bake in a quick oven. Serve with any fruit desired.

**OATMEAL FLAKES.**

Whip two eggs very light. Add four tablespoonfuls of cold water, two cupfuls of raw oatmeal and a cupful of sugar, creamed in one and a half pounds of butter, and a teaspoonful of soda. Add enough flour to roll thin, cut with biscuit cutter, and bake quickly.

**POPOVERS.**

To one and a third cupfuls of flour add half a teaspoonful of baking powder and a teaspoonful of salt; sift it all well and add two well-beaten eggs, a teaspoonful of melted butter or oil, and two cupfuls of sweet milk. Beat the ingredients well and turn into hot, well-oiled muffin moulds. Bake in a very hot oven for fifteen minutes.

**PRAIRIE MUFFINS.**

Take three cupfuls of well-sifted flour. Be sure to use an earthenware or china bowl, which should be warmed before sifting the flour into it. Take a teaspoonful of salt and three tablespoonfuls of sugar; stir it all well, and add three cold, well-beaten eggs; keep on beating for ten minutes. Put into well-oiled tins and bake quickly in a hot oven.

**QUICK BISCUITS.**

To a quart of fresh flour (if it is not fresh, expose it to the sunlight or dry it in a moderate oven) add two teaspoonfuls of ice-cold vegetable oil or butter, a tablespoonful of baking powder, and a teaspoonful of salt; stir well, and add slowly one and a third cupfuls of sweet milk. Mix quickly, and roll out to the thickness of half an inch. Cut and bake in a quick oven for fifteen minutes.

**RAY'S SHORT CAKE.**

Sift together two cupfuls of whole meal flour and two teaspoonfuls of baking powder, add a third of a cupful of clarified butter and a cupful of sweet milk. Roll in two layers, each half an inch



in thickness, and bake well. Use any fruit filling desired, such as strawberry, peach or cranberry, recipes found under this division.

### **SAND HEARTS.**

Cream into half a pound of butter a pound each of sugar and flour, and the yolks of three eggs. Roll very thin. Then take another yolk and beat up with sweet milk and a little nutmeg, and moisten the tops of the cakes with it before baking. Cut into shapes and bake.

### **SHORT CAKE.**

Take a cupful of rolled wheat and soak it for an hour in enough water to cover ; or fruit juices may be used to soak it in, instead of water. Spread a thin layer on a plate and spread the fruit upon it. Serve with cream.

### **SPONGE CAKE.**

Into six well-beaten eggs stir three tablespoonfuls of cold water, the grated rind of one lemon and a pint of sugar, lastly stir in a pint of flour. Beat all together quickly and bake without delay.

### **STRAWBERRY FILLING.**

Mash a quart of strawberries in an earthenware dish and sweeten to taste ; set the dish in a hot oven until the berries are well-heated, then spread between the layers and over the top of the cake. Serve with cream.

### **SUNSHINE CAKE.**

Beat the yolks of eight eggs, and gradually beat in one and a half cupfuls of sugar, and the grated rind of a lemon. In a separate bowl whip the whites of the eggs to a stiff froth. Now in a third bowl mix alternately the whites with the sugared yolks, and add three gills of flour, stirring very gently, just enough to mix well ; and, lastly, add the juice of a lemon. Make into two loaves and bake for twenty minutes in a moderate oven.

### **TEA CAKE.**

Cream half a cupful of cocoanut butter with one and a half cupfuls of castor sugar, then add half a cupful of milk ; beat two eggs until very light, and sift together two cupfuls of flour and a teaspoonful of baking powder. To the creamed butter and sugar add alternately the flour and eggs, then stir in a teaspoonful of cinna-

mon, half a teaspoonful of cloves, a tablespoonful of lemon juice, and half a pound of seeded raisins, chopped and floured. Bake in a moderate oven until nicely browned.

### **TREACLE CAKE.**

Take two cupfuls of flour, a cupful of sweet milk, half a cupful of cocoanut butter or vegetable oil, a heaping teaspoonful of soda, one cupful of treacle, and half a teaspoonful of cinnamon or ginger. Mix all together thoroughly, and turn into an oiled mould and bake in a hot oven to a dark brown colour.

### **WEDDING CAKE.**

Sift three teaspoonfuls of baking powder into a pound of flour. Cream together a pound each of cocoanut butter and of icing sugar, in this stir thoroughly the beaten yolks of twelve eggs, then add half of the flour, a tablespoonful each of cinnamon, ginger, cloves and mace, then a cupful of maple syrup or treacle. Now add alternately the beaten whites of the eggs and the rest of the flour, and mix thoroughly. Chop well two pounds each of seeded layer raisins, currants, citron, blanched almonds, and half a pound each of dates and figs ; to this add half a glassful of grape juice and mix the whole. Put into two large moulds and bake for two hours in a moderate oven. This cake will keep in a cool place for three months.

### **WHEAT CAKE.**

Take half a cupful of wheat and soak for six hours in a cupful of water. Then mash the wheat as fine as possible, add to it twelve finely-chopped, blanched almonds, a tablespoonful each of pine kernels and pecans, finely ground, and two tablespoonfuls of seeded raisins, cut fine with scissors. Mix thoroughly and spread on a dish to the thickness of half an inch. Cover it with the frothed white of one egg and pour over it the milk of a cocoanut.

### **WHOLE MEAL MUFFINS.**

Sift together three cupfuls of whole meal flour, and two teaspoonfuls of pure baking powder. Stir one beaten egg into one and a half pints of milk, and add a tablespoonful of melted butter, and stir into the flour. Bake in muffin tins in a hot oven for twenty-five minutes.

# NUTS & NUT BUTTERS.

## ALMOND BUTTER.

USE the paper-shell sweet almonds. After shelling, blanch and set them in the oven until thoroughly dry and hard, then grind to a fine meal in a mill. If desired they may be roasted, after blanching in a moderate oven to a golden brown, before grinding. Pack in air-tight glass jars. This is very delicious for spreading on bread and for flavouring cereal dishes.

## BLACK WALNUT AND BUTTERNUT BUTTERS.

All preparations made from these nuts are better in a fresh state, as they do not keep long without becoming rancid. After shelling, grind the meats and use for flavouring the same as other nut butters. They may be slightly browned in the oven before grinding. When eating these nuts, a generous quantity of popcorn should be eaten ; as this prevents the rich oils from lying too heavily on the stomach, and possibly causing distress.

## BRAZIL NUT BUTTER.

After shelling, blanch and roast the nut meats for a few minutes in the oven. Grind to a fine meal. Used in small quantities this meal gives a delicious flavour to cereal preparations. It is better when freshly prepared.

## CHESTNUTS.

The large Italian or Apennine chestnuts are best. Boil the nuts for twenty minutes, then bake them in a hot oven for ten minutes or until mealy ; puncture the shells with a knife or fork to prevent bursting. Peel and grind into flour. Put the meal into jars and keep it in a dry place, and it will keep indefinitely. It may be used in soups, savouries, bread, and grain dishes.

## COCOANUT.

This nut is very valuable as a curative in digestive troubles. Should be combined with bananas, mangoes, persimmons, and other tropical fruits. It is excellent for butter and creams.

## FILBERTS.

Blanch the same as almonds. Place in a moderate oven for a



few minutes until dry and crisp. Grind to a fine meal, and use the same as other nuts.

### **HICKORY NUTS.**

After the nuts are shelled set the kernels in a moderate oven for a few minutes, then grind in a mill. Put in air-tight jars and set away in a cool place, turn a little nut oil on top after the jars are filled. Excellent for flavouring soups, entrées, and other dishes.

### **PEANUT BUTTER.**

Take eight pounds of roasted peanuts, put them through the mill, leaving it wide open, so as to break up the shells and rub off the red skins ; it will separate the kernels into halves ; then with a hand bellows or wind mill, blow away the shells and skins. Add to the kernels all the salt that will adhere to them, and then pass them through the mill, grinding to a fine, smooth, soft, oily, tough, delicious, yellow butter that will spread on biscuits, bread, etc. You have now five pounds of nut butter that contains more nutriment than ten pounds of cow butter, which would cost you ten shillings. Roasted peanuts make butter, raw ones make meal when ground through our mill.

### **PEANUTTA.**

Put a quantity of shelled peanuts into a slow oven, and leave them for twenty minutes, but do not allow them to get brown. As soon as they are cold, the brown skins will be easily rubbed off. Grind to a fine, smooth paste in the mill. Put three cupfuls of these ground peanuts into a saucepan ; add five cupfuls of water and boil over a slow fire for twenty minutes, stirring frequently. Pour into a china dish and keep in a cool place. This preparation is very good in soups, cereal dishes, and entrées, or as a butter to spread on bread.

### **PINE KERNEL BUTTER.**

Roast and grind pine kernels, and prepare the same as other nut butters. Very good for flavouring soups, entrées, etc.

### **WALNUT BUTTER.**

Use the thin-shelled English walnut. After shelling, blanch the same as almonds, and put them in the oven until slightly browned ; then grind to a fine meal. Pack in air-tight jars and set in a cool place. May be used with any fruit or grain dish.



## CONFECTIONERY.

**P**URE home-made sweets, eaten in moderate quantities only after a meal, are not injurious to the system. Children are often benefited by occasionally eating a small amount of wholesome sweets after a meal, but not before, as digestion is thereby impaired. Do not use cheap confectionery sold at shops ; they contain glucose and poisonous colouring matter. Avoid the use of syrups which contain glucose ; few brands are free from it ; it is better to make all syrups from sugar at home. Maple syrup, when pure is the most healthful. Glucose is made by subjecting corn-flour to the action of sulphuric acid and heat ; it has been demonstrated that the use of this product will cause Bright's disease and other kidney disorders. Treacle should be used only for cooking, and in moderate quantities. After eating sweets, wash the teeth thoroughly.

### CANDIED FRUITS.

Take a pound of loaf sugar, dip each lump into a bowl of water, and put into a preserving pan. Boil down and skim until perfectly clear and ready to form crystals. Have the fruit ready, such as cherries, grapes, currants, oranges divided into sections, sliced pine-apples, peaches, plums, etc., wipe them carefully, but do not wet the fruit. Dip the fruit in the prepared sugar while hot, let it remain for a few minutes ; then remove and place it on oiled plates or paper to harden. If carefully prepared this will keep indefinitely.

### CHOCOLATE CARAMELS.

Put two pounds of brown sugar in a china saucepan, and add half a cake of chocolate, finely shaved, half a pint of sweet cream, a heaping teaspoonful of cocoanut butter, and vanilla flavouring to taste. Boil until quite thick, and pour into buttered dishes to cool. When sufficiently cooled, cut into sections.

### CHOCOLATE CREAMS (NO. 1).

Beat the whites of two eggs to a stiff froth, and into this beat gradually two cupfuls of confectioners' sugar. Flavour with half a teaspoonful of vanilla and work to a stiff pulp, adding a little more

sugar if necessary. Shape into small cones and lay on oiled plates or paper. Let them stand for an hour or more. Put five ounces of shaved chocolate into a bowl, set it on the fire in a saucepan containing boiling water. When the chocolate is melted, remove the saucepan to a table and drop the creams, one at a time, into the chocolate, remove with a fork and lay them on oiled plates or paper. They will harden in about half an hour.

### **CHOCOLATE CREAMS (NO. 2).**

Prepare a fondant by putting into a china saucepan two cupfuls of castor sugar and a cupful of water. Stir until the sugar is nearly dissolved ; then place on the fire and heat slowly, but do not stir it or jar the saucepan. Watch carefully and note when it begins to boil. After boiling ten minutes, drop a small quantity into cold water ; when it hardens sufficiently to form a soft ball when rolled between the thumb and fore finger, it has boiled long enough. Remove the saucepan from the fire immediately and set in a cool, dry place. When the syrup has cooled so that the finger can be held in it comfortably, pour it into a bowl and stir with a wooden spoon until it is thick and white ; when it begins to get a little dry and hard, take out the spoon and work with the hand until soft and smooth. Flavour with a few drops of vanilla, and after shaping, cover with chocolate as in recipe No. 1.

### **COCOANUT CANDY.**

Dissolve a pound of confectioners' sugar in four tablespoonfuls of water, put in a china saucepan and set on the fire ; as soon as it begins to boil, stir in one pound of shredded cocoanut. Let it continue boiling until flaky, then pour in oiled plates or tins, and cut in squares when sufficiently cooled.

### **NUT CANDY.**

Put a pound of light-brown sugar in an earthenware saucepan and add four tablespoonfuls of water ; stir until dissolved, then put on the fire and boil. Have ready a pound of nut meats and as soon as the syrup begins to grain, stir in the nuts ; then remove from the fire and pour in oiled plates or tins. When cold cut it in bars.

## JELLIES.

AS an article of food, jellies may be eaten occasionally. In many cases they cause a disturbed condition of the stomach, and persons with obese or diabetic tendencies should carefully avoid their use ; also confectionery, syrups and sugar.

Jellies may be used to advantage in making refreshing wines by dissolving it in sufficient cold water to dilute it to taste. Serve in glasses after a meal.

The secret in making good jellies lies in the selection of the fruit, and the attention and care given to it while boiling ; and above all things give careful attention that the vessels used are scrupulously clean.

Select the fruit desired, and boil it in a porcelain saucepan or preserving pan, adding a little water, if necessary, and boil until the fruit is soft ; then mash and strain through a suitable cloth, flannel preferred, and boil for another five minutes. Now add the sugar, allowing one pound of castor sugar to each pint of juice, boil until it jellies or forms into threads as you spoon it up.

All jellies should be preserved in glassware, never in metal, and should be kept in a cool, dark place, free from dampness. Light is very destructive to their keeping qualities.

The use of jellies by picnic and camping-out parties for making appetising drinks must be tried to be appreciated. On these occasions a tempting lunch will be given additional relish by an accompanying fruit juice of pleasing flavour.

Plum jelly should not be used, as the fruit acid often causes acidulation of the stomach, with following pain and distress.



## BEVERAGES.

THE habit of tea and coffee drinking has fastened itself upon the people to such an extent that freedom therefrom can be attained only by persistent effort and added mental force. The present fast age requires a careful husbanding of nervous energy to achieve success, and stimulating beverages offer nothing but a stumbling block to higher aims and aspirations. The evil effects of tea and coffee are too well known to make it necessary to dwell upon them at length ; suffice it to say that habitual drinkers will find a decided relief from their stomach and nervous troubles if cereal coffees and other beverages are used as substitutes.

With a little trouble and experimenting, most delicious and appetising drinks may be prepared that will prove of benefit to the suffering and aid the mentally inclined in his search of knowledge by virtue of a more active mind.

### APPLE DRINK.

Cut two pounds of apples into halves or quarters, retaining skins, pips, and cores, and boil in three pints of water until the apples become absolutely tasteless. Strain the liquid and use it either hot or cold as preferred. Prune, raisin, and fig drinks may be prepared in the same way. Combined with the regular food will aid bowel action.

### APPLE WATER.

Take six apples and cut them very fine, retaining peelings, cores, and seeds, pour over them two quarts of boiling water ; add an ounce of lump sugar, rind of half a lemon, sliced fine ; put in a china jug and cover well. When cold strain into another jug, and it is ready for use.

### ARABIAN COFFEE.

It is sometimes called berry coffee, and this is not a drink or food. It is for medicinal purposes and for that reason should be used only as an occasional drink. If rightly prepared it may be used more frequently during the cold winter months, particularly on holidays. The fact is that for commercial reasons coffee is not



allowed to ripen ; it is picked green and develops poisons which prove injurious to the liver as well as to the kidneys. Ripe and well-seasoned coffee, stored for two or more years, then roasted as occasions demand, may be used with less injurious results, if any. But even then coffee is not to be used as a drink with meals, but merely as a light stimulant, consequently as a vesper or evening drink on social occasions.

### **BANANA COFFEE.**

This is made by first drying bananas, then roasting them lightly ; used with cream it makes an excellent drink and is wholesome if used moderately. May be used to flavour cocoa shell tea.

### **BARLEY COFFEE.**

Put a quantity of whole barley (two-row barley, sometimes called coffee barley) into a large pan, and brown in a slow oven, stirring occasionally to prevent burning. Make it the same way as drip coffee.

### **BARLEY JOY.**

Take two cupfuls of barley, coarsely ground, and one cupful of oatmeal ; stir into two quarts of water or sweet milk. Allow it to stand for three hours before using.

### **BARLEY WATER.**

Boil for forty-five minutes two ounces of pearl barley in half a pint of water, then add two quarts of boiling water and a few chopped figs and seeded raisins. Boil for thirty minutes and strain ; add a little lemon juice and sweeten to taste.

### **BLACKBERRY WINE.**

Take a quantity of blackberries, extract the juice either by pressing through a sieve or by heating on the fire. To each quart of juice add half a pound of sugar ; and boil for ten or fifteen minutes, then bottle in the usual manner. The flavour will be improved by the addition of a little cinnamon. It will keep indefinitely. When serving, dilute with water to taste.

### **BRAN DRINK.**

Put half a pint of bran in an earthenware vessel, and pour over it two quarts of cold water ; stir well and set in the sun for two to

three hours. Strain through a linen cloth and set in a cool place, and when cool it is ready for use. Fruit juices may be added, but as a nerve tonic it is better plain. Used with wild cherry cordial or grape jelly it will prove refreshing to invalids.

### **BRAN LEMONADE.**

As a summer drink nothing will be found more refreshing than bran lemonade. To half a pint of bran add a quart of water, and let it stand for half an hour in a cool place. Pour off the water and add the juice of four lemons ; sweeten to taste with icing sugar. The phosphates of the bran, which have been absorbed by the water, quickly revive the fagged-out brain and nerves, and relieve them of that " tired feeling " ; besides the acid of the lemon is very cooling to the blood in hot weather.

### **BRAN TEA.**

Slightly brown a quantity of bran in a slow oven. Use four tablespoonfuls to one quart of water. Let it boil for ten minutes and serve the same as tea, with or without cream and sugar. The flavour will be improved by adding the well-beaten white of an egg.

### **CEREAL COFFEE BLEND.**

Take a pound of roasted Indian corn to three pounds of roasted wheat. Grind it fine and drip twice through butter cloth. This is an excellent drink for cold weather.

### **CEREAL DRINKS.**

In preparing cereal coffees, herb teas, or cocoa, it will be found that just the least speck of salt and an eggshell, added to the articles upon which boiling water is to be poured, will improve the drink considerably, and aid digestion admirably.

### **CHINESE OR JAPANESE TEA.**

All teas, whether Japanese, Chinese or Russian, so called, have more or less merit for medicinal purposes, but are absolutely injurious when combined with foods or meals. The only proper way of preparing teas is to pour a small quantity of boiling water upon the tea leaves and allow them to develop, the time varying in accordance with the kind and age of the tea, from three to fifteen

minutes. As soon as the leaves are developed, pour all the boiling water desired into the pot, and repour into another pot throwing away the dregs. If you put a piece of liquorice root or sandalwood into the teapot while the tea is developing you will run no risk as to the theine, which is the poisonous principle contained in all teas.

Teas are to be used in cases of fevers, colds, and lung troubles only, and then in moderate quantities and mild. Used without sugar and cream the tea will prove of great value, particularly on cold winter nights, and also in the summer, as a tonic whenever feeling intestinal contractions due to eating unripe fruits and vegetables. A good and healthful way to use tea is to grind it fine and prepare it à la drip through a butter cloth as you would prepare coffee. Otherwise do not use teas, lest they go back on you in case of emergency.

### **CHOCOLATE.**

Put in a fireproof china saucepan four ounces of shaved chocolate, three tablespoonfuls of castor sugar, and three tablespoonfuls of hot water ; stir over a hot fire until smooth. In a double boiler bring a quart of milk to the boiling point, and pour the melted chocolate into it, beating it with a whisk or fork. Flavour with a teaspoonful of vanilla extract, and serve with whipped cream.

### **COCOA.**

To a pint of boiling water add three tablespoonfuls of cocoa mixed with three tablespoonfuls of castor sugar ; boil slowly for ten minutes, then add a quart of boiling milk, the white of an egg, well-beaten, a dash of vanilla extract, and a pinch of salt. Mix thoroughly and serve hot.

### **COCOANUT DRINKS.**

Take the milk of cocoanut and dilute with an equal quantity of water or sweet milk and pour over it two tablespoonfuls of finely-ground blanched peanuts. Set aside for several hours or over night. In the morning strain it well. This drink may be used freely. Instead of cocoanut milk grate fresh cocoanut fine, and pour over it enough lemon juice to cover well, and set aside for several hours ; then mash it all fine and add the desired quantity of water,



straining it several times. Milk may be used instead of water. This makes a very wholesome drink.

### **COCOA SHELLS.**

Grind the shells, and put four tablespoonfuls in a coffee-pot and pour over them a quart of hot water ; add eggshell and the white of one egg, boil from ten to fifteen minutes. Flavour with a teaspoonful of vanilla extract. Strain through a cloth, and serve with cream and sugar to taste.

### **COFFEE COMPOUND.**

A compound of coffee very delicate in flavour and considered a health drink after a rich meal, is made by blending a pound of common Santos coffee, a quarter of a pound of chicory, and half a pound of cocoa shells ; have all finely ground and kept in a tight tin. Use the same quantity as of best coffee, and drip but once.

### **COLD TEA OR COFFEE.**

Take unroasted, sun-dried coffee berries, grind them fine, and to every cupful of water use a tablespoonful of coffee. Set aside for half an hour or more, then strain through butter cloth or flannel. This may be used with cream with good results for medicinal purposes.

In preparing Russian or Oriental tea proceed the same as with coffee. Take two teaspoonfuls of tea to half a cupful of water, and set aside for thirty minutes. Add any desired quantity of water, milk or cream, and strain immediately thereafter. Tea or coffee may be soaked in milk if desired.

### **CURRENT DRINK.**

Dissolve a teaspoonful of currant jelly in a glass of cold water, properly filtered. Add chipped ice, a slice of orange, and half a slice of pineapple. This makes a healthful summer drink.

Other jellies or jams may be used in the same way. In winter hot water may be used instead of cold, and instead of fresh fruits a few drops of fine liquor may be added.

### **EGG DRINK.**

Take the whites of two eggs, and beat them until frothy. Gradually beat into it half a cupful of cream and lastly the juice of



half a lemon. Used with a few nuts and a tablespoonful of raw wheat it will prove nourishing.

### **FOOD DRINK.**

Take a cupful of sweet milk and beat it quickly until it is foamy, then add the juice of half a lemon, pouring it in very slowly, beating all the while. This is a fine summer drink and good for invalids. It may be used moderately in winter.

### **GRAPE JUICE.**

To six quarts of stemmed and washed grapes add two quarts of water. Bring slowly to the boiling point, then strain through a flannel bag. Return the juice to the fire, and bring it again to the boiling point ; bottle and seal at once. When opening for use, sweeten to taste with castor sugar and serve in wine glasses.

### **HEALTH COFFEE.**

Take a quantity of whole barley (not pearl barley) and soak it for twenty-four hours in as much water as the barley will absorb. Keep in it a warm place. Dry the barley by slow heating, and brown in a slow oven, stirring occasionally. Prepare and serve the same as Wisdom coffee.

### **HEALTH DRINK.**

Take one dozen each of Italian chestnuts and dates. Grind it all fine, and pour over it a pint of sweet milk, then set aside for an hour. Strain before using. Used with malted grains and a few raw peanuts, it will produce very desirable effects. It is an excellent morning drink.

### **HERB TEAS.**

These are made by infusing dried or green stalks, leaves or bark in boiling water ; let stand until cold and sweeten to taste. If desired hot, steep for three minutes, then serve. Use cream, sugar or lemon juice.

### **HOME COFFEE.**

Mix six cupfuls of cracked wheat and one cupful of treacle, golden syrup, or maple syrup ; put into a slow oven until well browned, stirring occasionally to prevent burning. Put six tablespoonfuls in two quarts of water, and boil over a slow fire for ten minutes. Serve with cream.

**HOT LEMONADE.**

Bake two lemons in a slow oven until soft. Squeeze the contents into a china dish, and add two tablespoonfuls of castor sugar and a pint of boiling water. Stir well and drink when sufficiently cooled. This drink is very valuable in cases of colds and pulmonary disorders. Should be taken only just before retiring.

**LINSEED LEMONADE.**

Pour a quart of boiling water over four tablespoonfuls of whole linseed, and add the juice of two lemons ; let it steep for three hours, keeping closely covered. Sweeten to taste with rock candy. This is an excellent remedy for colds.

**MORNING DRINK (NO. 1).**

At night, before retiring to bed, take three figs, two dates, two tablespoonfuls of raw peanuts, and six chestnuts, allowing the brown skin to remain on the two latter. Grind or chop them all together ; then pour over them either water or sweet milk, stir thoroughly and set aside. In the morning strain through a flannel cloth and drink as much as desired. This drink is mildly laxative.

**MORNING DRINK (NO. 2).**

Take a dozen each of dates and Italian chestnuts, and grind or chop them fine. Pour over them a quart of sweet milk, stirring the mixture, and then set aside for an hour or more. When ready for use strain through a cloth or fine wire sieve. . You may boil the consistency after soaking it for an hour, bringing it slowly to the boiling point, and adding a pinch of salt. For infants and invalids add this to the wheat, oat, and barley gruels, and it will prove an excellent food, acting lightly upon the bowels.

**NEAR COFFEE.**

Roast to a golden brown a cupful of barley, two cupfuls of whole wheat, half a cupful each of peas and acorns, adding an ounce of chickery root. Make it like drip coffee, pouring the water twice over the mixture, and the flavour will be found to be very superior.

**OIL DRINK.**

When fatigued and inclined to be irregular in habits take a teaspoonful of olive oil, beat with it the juice of half a lemon. As

soon as it begins to froth stir in a cupful of boiling water and sip it slowly. Use two or more times a week ; it will be found very excellent after a fast during cold weather.

### **ONION GRUEL.**

Take one sliced onion and a tablespoonful of bran or rolled wheat, and a pinch of salt, and to this add a pint of milk. Allow it to come to the boiling point and continue to simmer for fifteen minutes. Shortly before retiring eat it as hot as it is possible to take it.

### **ORANGEADE.**

With the juice of an orange mix two tablespoonfuls of icing sugar, then add one well-beaten egg and three quarters of a cupful of water. This is a very refreshing and nourishing drink.

### **POPPY DRINK.**

Grind two tablespoonfuls of poppy seeds and stir them in a cupful of milk or water. Let it stand in a porcelain or china dish for an hour or two ; use the dried poppy seeds. This makes a good drink to be taken before retiring or at any time.

### **PROPER USE OF COFFEE.**

When purchasing coffee get it as old as possible and it is well to store it yourself. Roast your own coffee, taking care not to roast it too dark as a light brown colour is preferable. When done mix the coffee beans with the white of eggs and immediately after with clarified butter. Keep it in a dry place. Grind it fine but not floury, and only enough for immediate use. Have ready a thoroughly clean flannel cloth or a double layer of butter cloth, and make what is known as drip coffee. Tie the cloth over the pot and put in the coffee, allowing one heaping teaspoonful of freshly ground coffee to each cup. First pour over about a cupful of boiling water and let it stand for a minute, and then pour over the desired amount of water. Do not use sugar with your coffee. When cream is used pour the cream into the cup first, and then the coffee. Sip it hot. Made and served in this way it will act mildly on the liver and intestines.

In cases of stomach and intestinal troubles, cramps and spasms, drink hot, black coffee to which a little rum has been added.



In insomnia, sleeplessness, or nervousness, take a tablespoonful of cold black coffee every fifteen minutes until rested and inclined to sleep.

### **RICE WATER.**

Take two tablespoonfuls of rice, wash it thoroughly, and put it into a jug, also a stick of cinnamon ; pour over it a quart of boiling water, and cover well. As soon as it is cold it is ready to serve. If desired the rice may be boiled slowly for an hour and strained. Lemon juice or any other fruit juice may be used to flavour it.

### **SALTED BRANDY.**

To a pint of old brandy add one teaspoonful of well-sterilised and finely powdered table salt. Shake the bottle well, and keep it in a cool, dark place. Use one to three teaspoonfuls, according to severity of the case and the age of the person. When the body does not perspire within half an hour after taking, drink elder-blossom tea freely, taking two or three cups as hot as can be taken, repeating the dose of brandy. Where the elder-blossom tea does not bring on perspiration, use four leaves of jaborandi to one cupful of boiling water, steeping it for three minutes. Drink it hot and repeat the dose after half an hour. This is an unfailing remedy in many troubles, acute and otherwise.

### **SLIPPERY-ELM BARK TEA.**

Over a handful of the broken bark pour a quart of boiling water ; cover and let stand until cold. Add lemon juice, if desired, and sweeten to taste.

### **SPIRITUOUS LIQUORS.**

Our abnormal methods of living necessitate the use of spirituous liquors as a medicine, but as habitual drinks they are an abomination and to be decried. There are organic troubles where red champagne, champagne cider, grape brandy, Jamaica rum, anise whisky, and malt beer will prove of inestimable value in cases where spirituous drinks have never been used. In a normal body these liquors will act like magic and prove excellent means to desirable ends. If used in cases of emergency only, we shall have no need of raising the abstinence question. In stomach, liver, and consequent heart

troubles, chills and fevers, use *salted brandy* as a means of relief abstaining from food until the trouble has subsided.

### **SWEET TASTE IN THE MOUTH.**

Gather wild rose blossoms in season and dry them. Put them in an earthenware jar that is tightly closed. After meals wash the teeth well and rinse the mouth, then take a few of the leaves and chew them slowly and thoroughly, swallowing the liquid only. This process will give a sweet breath, while a mild tea made from the blossoms will give a clear tint and beautiful skin. Drink a cupful of the rose-leaf tea half an hour before meals.

### **TEA DRINKS.**

These drinks are most beneficial taken at night, shortly before retiring to bed. Linden blossoms and elder blossoms used occasionally, with either lemon juice or a little cream, will prove a wholesome drink.

### **TOAST WATER.**

Toast two slices of bread in a moderate oven until well browned. Break into small pieces and put into a fireproof china coffee-pot, pour over it two quarts of boiling water and simmer for five minutes. Serve with cream and sugar to taste.

### **VEGETABLE COFFEE.**

Take a cupful of carrots, half a cupful of parsnips, and a quarter of a cupful of sweet-corn ; cut them into very small pieces, and roast to a golden brown. Grind only when needed, and prepare the same way as coffee.

### **WHEAT COFFEE.**

Roast two pounds of whole-wheat grain until brown. Remove from the roaster and while warm stir into it the whites of two eggs, well-beaten and salted a trifle. Stir thoroughly until the grain is perfectly glazed. Keep it in a jar or tin in a dark place. Grind only enough for immediate use, grinding the grain quite fine. Allow three tablespoonfuls to a quart of water. Do not boil but drip it the same as real coffee. If prepared in an earthenware or porcelain pot it will develop a finer aroma than Arabian coffee.

**WISDOM COFFEE.**

Take three cupfuls of wheat, two cupfuls of whole barley, and one cupful of rye, and roast the mixture in the oven. Of this blend use three tablespoonfuls to a quart of water. Tie a flannel cloth or two layers of butter cloth over the top of the pot ; into this put your finely-ground cereal, and pour a cupful of water over it. Let it stand for one minute, and then pour the rest of the boiling water on it. Cover tightly at once, and set over the fire for a minute, but do not allow it to boil up. As soon as all the water is drained from the grounds, remove the cloth, and serve the hot coffee, putting the cream in the cup and pouring the coffee over it.



# INDEX.

EXPLANATION :—A *dash* (—) separates the numbers of *pages*.  
*Commas* separate the numbers of *paragraphs* and also page numbers from paragraph numbers, the page number taking precedence.

EXAMPLE :—Dyspepsia 120, 6—163, 6. This indicates that paragraph 6, page 120; and paragraph 6, page 163, refer to the treatment for dyspepsia.

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<b>A</b>	CID POISONING	
	72, 1, 2, 3, 4—73, 1, 2, 3	
	Aerated Sweet-Corn	
	Fritters ...	285
À la Famille (Entrée)	...	273
À la Simple (Entrée)	...	273
À la Sultana (Entrée)	...	274
All-Day Pancakes	...	241
Almond Biscuits	...	313
Almond Butter	...	322
Amber Pudding	...	300
Amina (Cream)	...	265
Anise Zwiebach	...	226
Ankles, Swollen	...	149, 4
Angel Cake	...	313
Apple Cobbler	...	300
Apple Cream	...	265
Apple-Custard Tart	...	307
Apple Drink	...	327
Apple Fritters	...	285
Apple Omelet	...	292
Apple Pie	...	307
Apples	...	37—110, 1
Apple Water	...	327
Apricot Pudding	...	301
Apricots	...	37
April (Hints of the Seasons)	...	128
Arabian Coffee	...	327
Artichokes, French	...	31, 2
Ash Wednesday	...	112, 1
Asparagus	...	258
Asparagus Soup	...	244
Assimilation	...	126, 3—191, 6
Asthma	...	56, 6—130, 3, 6—132, 4
	—139, 4—144, 1—159, 3—167, 5	
	—175, 7—182, 3	

Aubergine Omelet	...	292
August (Hints of the Seasons)	...	166
Autumn (Hints of the Seasons)	...	171
Autumn Season (Directions)	...	93
Autumn Season (Menu)	...	91
<b>B</b>	ABY FOOD	...
	Bananas	...
	Banana Coffee	...
	Banana Cream	...
	Banana Fritters	...
	Barleybon Soup	...
	Barley Coffee	...
	Barley Joy (beverage)	...
	Barley Joy Biscuits	...
	Barley Water	...
	Bathing	...
	Beans	...
	Beans, Baked	...
	Bean Soup	...
	Beaten Biscuits	...
	Beer, use of	...
	Beets	...
	Beet-Root Salad	...
	Belgrad Eggs	...
	Beulah Egg	...
	Beverages	...
	Bile Trouble	...
	Biliousness	...
	Bill of Fare for a Simple Life	...
	Blackberries	...
	Blackberry Wine	...
	Blackwalnut and Butternut Butters	...

- Blood Troubles 113, 6—116, 6—  
     119, 2—150, 7—162, 4—  
     191, 2—259, 4, 6—262, 5  
 Bouillon Sauce ... 245  
 Bowel Action, to promote  
     103, 3, 4—106, 7—107, 4—109, 3  
     —129, 3—141, 8, 9—151, 7—  
     174, 4. (Also see Constipation.)  
 Bran Drink ... 328  
 Bran Lemonade ... 329  
 Bran Tea ... 329  
 Brandy Treatment ... 107, 1  
 Brazil Nut Butter ... 322  
 Bread Fritters (No. 1) ... 285  
 Bread Fritters (No. 2) ... 286  
 Bread Making ... 21  
 Bread Sauce (No. 1) ... 269  
 Bread Sauce (No. 2) ... 269  
 Bread Sticks ... 226  
 Breads and Biscuits ... 226  
 Breakfast Bread ... 226  
 Breath, Shortness of ... 113, 4  
 Bronchial Trouble 167, 1—187, 6  
 Broth, The ... 250  
 Brown Bread ... 226  
 Browned Sauce ... 269  
 Brown Sauce ... 269  
 Bunions ... 162, 1  
 Burns ... 159, 4  
 Butter ... 45  
 Butter, to Clarify 106, 2—189, 4  
 Butter, Bean Patties ... 286  
 Butterising ... 190, 1  
 Buttermilk Filling ... 307  
**C**ABBAGE ... 259  
     Cakes and Muffins ... 312  
     Cake Nuts ... 313  
 Cancerous Troubles... 113, 8  
     —122, 4—123, 4—138, 4—  
     5—151, 7—153, 7, 8—159, 4—  
     165, 4—189, 3—262, 5  
 Candied Fruits ... 324  
 Carrots ... 259  
 Catarrh 56, 6—135, 5—137, 5—  
     139, 4, 9—147, 9—152, 4—158,  
     7—159, 1—167, 1—170, 5—  
     175, 4, 8—180, 6—185, 3, 4—  
     187, 6, 7—193, 1  
 Cauliflower ... 259  
 Cauliflower Salad ... 252  
 Celery ... 259  
 Celery Soup (No. 1) ... 245  
 Celery Soup (No. 2) ... 245  
 Cereals ... 235  
 Cereal Coffee Blend... 329  
 Cereal Drinks ... 329  
 Cereal Foods ... 26—64  
 Cereal Soup ... 246  
 Cheese ... 44  
 Cheese Omelet ... 293  
 Cheese Ramekins ... 274  
 Cheese Rissoles ... 284  
 Cheese Sandwich ... 298  
 Cheese Tart ... 307  
 Cherries ... 38  
 Chestnuts ... 322  
 Chestnut Bread ... 227  
 Chestnut Pudding ... 301  
 Chestnut Rissoles ... 284  
 Chestnut Savoury ... 274  
 Chilling the Body ... 102, 2  
 Chinese or Japanese Tea ... 329  
 Chocolate ... 330—107, 2  
 Chocolate Caramels... 324  
 Chocolate Creams (No. 1) ... 324  
 Chocolate Creams (No. 2) ... 325  
 Chocolate Glace ... 313  
 Chocolate Layer Cake ... 314  
 Chocolate—Marshmallow cake 314  
 Chocolate Pudding ... 301  
 Christmas Pudding ... 301  
 Christmas Season (Directions) 80  
 Christmas Week (Menus) ... 79  
 Circulation, Poor 138, 5—142, 5  
     (Also see Cold Feet and Hands.)  
 Climate, Change of ... 65  
 Cocoa ... 330  
 Cocoa Shells ... 331—123, 5  
 Cocoanut ... 322  
 Cocoanut Candy ... 325  
 Cocoanut Cookies ... 314  
 Cocoanut Custard ... 302  
 Cocoanut Drinks ... 330  
 Cocoanut Oil ... 50  
 Cocoanut Pudding ... 302  
 Coffee ... 106, 5, 6—334  
 Coffee Compound ... 331  
 Cold Feet and Hands  
     101, 6—180, 2, 3  
 Cold Tea or Coffee ... 331  
 Columbus Eggs ... 293  
 Complexion 95, 2—98, 4—177, 1  
 Condiments and Spices ... 47  
 Confectionery ... 324  
 Consommé Vegetal ... 246  
 Constipation 69, 2—113, 5—147,  
     4, 7 — 162, 6—167, 3—169, 7—  
     174, 1—175, 9—177, 7—181, 3—  
     189, 2—226, 3—228, 3—231, 1—  
     233, 3. (Also see Bowel Action).

Contents	...	...	5
Cottonseed Oil	...	...	48
Coughs and Colds	101, 3, 4—107, 7—108, 1, 2, 3, 4—137, 4—192, 4		
Cracked Barley Soup	...	...	246
Cracked Wheat	...	...	235
Cramps	...	167, 2—175, 6	
Cranberries	...	...	41
Cranberry Filling	...	...	315
Cream Cake	...	...	315
Cream of Bean Soup	...	...	246
Cream of Cheese Soup	...	...	247
Cream of Tomato Soup	...	...	247
Cream Sauce	...	...	269
Cream Toast	...	...	235
Creams and Dressings	...	...	265
Crusts for Pies and Tarts	...	...	306
Cucumbers	...	...	259
Cucumber Relish	...	...	290
Cucumber Salad	...	...	252
Currants	...	...	42
Currant Drink	...	...	331
Curry Powder	...	...	74
Custards	...	...	293
Custards and Puddings	...	...	300
Custard Tart	...	...	307
Cuts	...	...	159, 4

<b>D</b> AILY BREAD	...	...	227
Dairy Foods	...	18—44	
Dandelion	...	...	259
Dates	...	...	38
Date Tart	...	...	307
Debility, General	...	...	130, 5
De Carotte (Entrée)	...	...	275
December (Hints of the Seasons)	...	...	94
Decimayonnaise	...	...	265
Decorations, Table	...	61, 6, 7	
Delicia Salad	...	...	252
De Noix (Entrée)	...	...	275
De Pois En Cosse (Entrée)	...	...	275
Dessert, Dainty	...	...	42
De Vegetal (Entrée)	...	...	275
Deviled Eggs	...	...	293
Diabetes	...	...	177, 9
Diarrhœa and Dysentery	...	62, 6—144, 4—147, 2—168, 9	
Diet for Invalids	...	...	68
Dietary in a Nutshell	...	...	52
Dietary Rules	...	...	63
Dill Pickles	...	...	76
Divers Sandwich	...	...	298
Doughnuts (No. 1)	...	...	315
Doughnuts (No. 2)	...	...	315

Dried Apple Custard	...	...	302
Dropsy	144, 7—159, 2—160, 5—168, 8		
Duodenal Troubles	163, 7—177, 4		
Dutch Frosting	...	...	316
Dyspepsia	71—120, 6—130, 6—134, 2—140, 5—144, 4—154, 1, 2—160, 2, 8—162, 6—163, 3, 6—164, 4—176, 4		

## EARLY SPRING SEASON

(Menus)	...	...	86
Easter Sunday	...	...	134, 4
Easter Week (Directions)	...	...	85
Easter Week (Menu)	...	...	84
Eat and Drink, How to	...	...	52
Eczema	...	113, 1—130, 7—151, 7—176, 1	
Eggs	...	...	292—45—116, 1
Egg Cure	...	...	131, 5, 6, 7, 8, 9.
Egg Drink	...	...	331
Egg Salad	...	...	253
Endive	...	...	260
Entrées, or Savoury Dinner			
Dishes	...	...	272
Epilepsy	...	...	169, 6
Eruptions	...	...	99, 3—142, 5
Erysipelas	...	...	99, 3—191, 2
Exhaustion	...	...	139, 8
Eye Troubles	...	...	158, 6

## FARMERS' RICE

Fast Scientifically, How to	...	...	205
Fasting	...	...	119, 3, 4
Fattening Foods	...	...	69
February (Hints of the Seasons)	...	...	111
Feet, Care of	...	...	193, 2
Feet, Perspiring	...	...	158, 5
Feet, Sore	...	...	158, 4
Fermentas	...	...	104
Fever	47, 6—130, 9—138, 8—140, 6		
Fibroids	...	...	153, 7—165, 4
Also see Cancerous Troubles.			
Figs	...	...	38
Fig Salad	...	...	253
Fig Sandwich	...	...	298
Fig Tart	...	...	308
Filberts	...	...	322
Food Combinations	...	...	14
Food Drink	...	...	332
Food for the Mind	...	...	55
Force Cakes	...	...	227



Formula No. 1 (Entrée) ...	276
Formula No. 2 (Entrée) ...	276
French Beans ...	260
French Dressing ...	266
French Fritters ...	286
French Fruit Salad ...	253
Fritters and Pancakes ...	241
Fritters and Patties ...	285
Fruits ...	16—32—64
Fruits, Fresh, Dried and Tinned ...	35
Fruit Bread Strips ...	227
Fruit Cake, Par Excellence	316
Fruit Pancakes ...	242
Fruit Pie ...	308
Fruit Pudding ...	302
Fruit Salad ...	253
Fruit Sandwich ...	298
Fruta Salad ...	253

## **G**ARLIC SOUP ... 247

Garlic Treatment 103, 2—106, 3

General Food Rules ... 64

General Improvement, For 68

Generative Troubles.

(See Sex Troubles).

German Pancakes ... 242

German Potato Pancakes ... 242

Gherkins ... 75

Ginger Bread ... 316

Ginger Cake ... 317

Ginger Sandwich ... 299

Glands, Enlarged ... 149, 4

Goitre ... 149, 4

Gooseberries ... 42

Gout 151, 7—162, 2—176, 6

Graham Bread ... 228

Graham and Rye Muffins ... 317

Grains (Combinations) ... 14

Grains and Their Value ... 19

Grain and Fruit Salad ... 236

Grainoena (Cereal) ... 236

Grainol (Cereal) ... 236

Grainutta (Cereal) ... 237

Grain-Tomato Soup ... 248

Grain-Vegetable Soup ... 248

Grapefruits ... 38

Grapes ... 38

Grape Cure ... 168, 7

Grape Grain (Cereal) ... 237

Grape Juice ... 332

Gravel ... 133, 8—176, 5

Griddle Cakes ... 243

Gunpowder Treatment ... 130, 7

## **H**AIR CULTURE 128, 11

—170, 2, 3—174, 8

Hard-boiled Eggs ... 294

Hay Fever 56, 6—137, 5—147, 8, 9

—159, 3—164, 4—167, 1, 5,

—170, 5—182, 3

Headache ... 112, 4—188, 1

Health Biscuits ... 228

Health Coffee ... 332

Health Drink ... 332

Health Rules ... 62

Health Scones ... 317

Heart Troubles ... 70

Herb Drinks ... 124, 1

Herb Teas ... 332

Herbs, Savoury ... 164, 2

Hiccough ... 164, 1—168, 2

Hickory Nuts ... 323

Hints of the Seasons ... 94

Hints to Sufferers ... 73

Home Coffee ... 332

Honey Bread Fingers ... 228

Hot Lemonade ... 333

How to Fast Scientifically 205

## **I**MMORAL AND SEX

Troubles. Foods Promoting ... 70

Important Hints ... 59

Indian Chutney ... 290

Indian Corn Batter Bread 228

Indian Corn Bread ... 228

Indian Corn Muffins ... 317

Indian Corn Oil ... 50

Indian Corn Pone ... 229

Indian Curry Savoury ... 276

Indian Maize ... 260

Inflammatory Rheumatism 154, 8

Intestinal Troubles

99, 7—104—117, 7—133, 7—

144, 2—159, 5—163, 2, 7—164, 3

Invalids ... 65

Italian Sauce ... 270

## **J**ANUARY (Hints of the

Seasons) ... 105

Jarah (Salad) ... 253

Jaundice 100, 1—117, 2—163, 7

Jellies ... 326

Jelly Tart ... 308

Jolly Boys Fritters ... 286

July (Hints of the Seasons) 155

June (Hints of the Seasons) 145

**KIDNEY TROUBLES**

71—98, 10—113, 7—125, 6—  
130, 5—142, 6—143, 1, 2—  
144, 9—147, 3—153, 4—157, 6—  
174, 7—176, 2—177, 3—181, 3—  
185, 1, 7, 8—186, 1—259, 4—  
260, 1.

**LATE SPRING SEASON**

(Menus) ... .. 89  
Lemons ... .. 39  
Lemon Curd Tart ... .. 308  
Lemon Diet ... .. 78  
Lemon Milk 103, 1—160, 4  
Lenten Chops ... .. 294  
Lenton Season (Directions)  
82—112, 1

Lettuce Salad ... .. 254  
Linseed Lemonade ... .. 333  
Liquids ... .. 95, 8  
Lumbago ... .. 162, 2  
Liver Troubles

56, 6—100, 5—107, 1—109, 3—  
119, 2—125, 1—132, 3—133, 6—  
134, 1—141, 6, 7—142, 3—143, 3,  
8—144, 5—153, 4—159, 8—161, 9  
—163, 7—165, 3—175, 9—176,  
2, 6—177, 2, 6—181, 3—186, 3—  
262, 2

Lung or Pulmonary Troubles,  
In ... .. 71

Lung Troubles  
124, 4—131, 5—139, 4—147, 6—  
149, 6—151, 7—163, 4—163, 5—  
167, 1—168, 7—175, 4, 7—180, 7.

**MACARONI with Cheese 277**

Macaroni-Cheese

Rissoles ... .. 277

Macedonian Salad ... .. 254

Malaria 99, 4—160, 2—191, 2

Malnutrition ... .. 116, 4

March (Hints of the Seasons) 118

March Rain Water ... .. 123, 3

Marshmallow-Filling ... .. 317

Mastication the Key to Di-  
gestion ... .. 55

May (Hints of the Seasons) 134

Mayonnaise ... .. 266

Mazdaznan Cake ... .. 318

Meat Question, The ... .. 196

Membranes, Inflamed ... .. 177, 8

Menses 140, 1—152, 3—165, 3

Mental Gymnastics ... .. 113, 3

**Mental or Intellectual Foods**

Menus and Seasonable Direc-  
tions ... .. 71

Midnight Dish ... .. 277

Mid-Spring Season (Menus) 87

Milk and Cream ... .. 44

Milk Diet 77—124, 3—139, 1, 2, 3

Milk Soup ... .. 248

Mincemeat Pies (No. 1) ... .. 309

Mincemeat Pies (No. 2) ... .. 309

Mineral Poisoning  
72, 1, 2, 3, 4—73, 1, 2, 3

Mint Sauce ... .. 270

Miscellaneous Foods ... .. 18

Mixed Dish ... .. 260

Moral Strength, For ... .. 69

Morning Drink (No. 1) ... .. 333

Morning Drink (No. 2) ... .. 333

Mud Baths ... .. 148, 3

Mushroom Delicacy ... .. 261

Mushroom Gravy ... .. 270

Mushroom Sauce ... .. 270

Mustard Cucumbers ... .. 77

**NASTURTIUM SALAD 254**

Naturalia (Entrée) ... .. 278

Near Coffee ... .. 333

Nectarines ... .. 39

Neily Bread ... .. 229

Nervous Trouble

71, 1—100, 2, 4—113, 6—133, 9

—136, 3—142, 4—144, 3—160, 8

—165, 2—186, 1, 3—191, 4—

192, 2—194, 1—259, 4

Neuralgia 148, 1, 3—162, 2—176, 6

New England Bread Pudding 302

New Omelet ... .. 294

Nice Dressing ... .. 266

Noodles and Cheese ... .. 278

November (Hints of the Sea-  
sons) ... .. 186

Nun's Butter ... .. 270

Nuts ... .. 17—43—64

Nuts and Nut Butters ... .. 322

Nut Biscuits... .. 229—318

Nut Candy ... .. 325

Nut Celery Salad ... .. 254

Nut Cream ... .. 266

Nutol Cream ... .. 267

Nut-Fruit Cake ... .. 318

Nut-Fruit Filling ... .. 318

Nut-Fruit Salad ... .. 254

Nut-Fruit Short Cake ... .. 319

Nut Pudding ... .. 303

Nut Soup ... .. 248

- OATMEAL FLAKES** ... 319  
 October (Hints of the Seasons) ... 179  
 Oils ... 48  
 Oils in General ... 49  
 Oil Baths ... 108, 5—109, 2  
 Oil Cure ... 73, 7  
 Oil Dressing ... 267  
 Oil Drink ... 333  
 Olive Oil ... 48  
 Olive Sandwich ... 299  
 Onion, Apple and Wheat Dish ... 237  
 Onions, Boiled ... 258  
 Onion Gruel ... 334  
 Onion Salad ... 254  
 Onion Soup ... 248  
 Oranges ... 39  
 Orangeade ... 334  
 Orangeade Tart ... 309  
 Orange Cream ... 267  
 Orange Custard ... 303  
 Orange Marmalade ... 303  
 Orange Tart ... 309  
 Oriental Fruit Bread ... 229  
 Oriental Indian Corn Bread ... 230  
 Oriental Wheat Dish ... 278  
 Overheated, When ... 156, 3  
 Oyster Plant ... 261
- PARALYSIS** ... 151, 7  
 Parsley Soup ... 249  
 Parsnip Fritters ... 287  
 Peaches ... 40  
 Peanut Butter ... 323  
 Peanut Fruit (Entrée) ... 279  
 Peanut Oil ... 49  
 Peanut Rissoles ... 284  
 Peanut Sandwich ... 299  
 Peanutta ... 323  
 Pears ... 40  
 Peas ... 261  
 Pea Soup ... 249  
 Peas Roast (Entrée) ... 279  
 Persian Pickles ... 290  
 Persimmons ... 40  
 Perspiration, To Induce ... 121, 3  
 Piccalilli ... 291  
 Pickled Beet-Roots ... 291  
 Pickles 74, 1, 2—75—76—77, 1  
 Pickles and Ketchups ... 290  
 Pies and Tarts ... 306  
 Piles ... 147, 5  
 Pineapples ... 40  
 Pineapple Cream ... 267
- Pine Kernal Butter... 323  
 Pine Kernal Cream ... 267  
 Plain Custard Filling ... 310  
 Plain Dish (Cereal) ... 237  
 Plain Dish (Entrée) ... 279  
 Plain Egg Salad ... 255  
 Plain Mayonnaise ... 267  
 Plain Potato Fritters ... 287  
 Plain Potato Salad ... 255  
 Plain Wheat Dish ... 237  
 Plums ... 41  
 Poached Eggs on Toast ... 295  
 Poaching (Eggs) ... 295  
 Poached Eggs with Mush-rooms ... 295  
 Pointers to Invalids ... 72  
 Pomegranates ... 41  
 Pomegranate Treatment ... 99, 2  
 Popcorn ... 238  
 Popovers ... 319  
 Poppy Bread Shapes ... 230  
 Poppy Cream ... 267  
 Poppy Drink ... 334  
 Potatoes ... 261  
 Potato Bread ... 230  
 Potato Salad ... 255  
 Potato Soufflé ... 262  
 Prairie Muffins ... 319  
 Prayer ... 188, 2  
 Promotion Bread Balls ... 231  
 Promotion Food ... 231  
 Promotive Bread ... 231  
 Proper Use of Coffee ... 334  
 Prunatuna (Entrée) ... 279  
 Prune Pudding ... 304  
 Prunes, Preparation of ... 109, 4  
 Puddings and Custards ... 300  
 Pulmonary Troubles 124, 4—128, 8  
 Pulses ... 14  
 Pumpkin Tart ... 310  
 Purgatives ... 120, 3
- QUEEN CUSTARD** ... 304  
 Quick Biscuits ... 319
- RAIN BATHS** ... 136, 3  
 Rain Water ... 123, 3  
 Raisin-Nut Sandwich ... 299  
 Raisin Pie ... 310  
 Raspberries ... 42  
 Raw Food ... 51  
 Raw Salad ... 255  
 Ray's Short Cake ... 319  
 Rectal Troubles ... 159, 5



- Rejuvenating Foods ... 68  
 Rheumatism  
   56, 6—108, 5—135, 6—148, 1, 2,  
   3—152, 4—157, 6—159, 6—160,  
   5—162, 2, 6—163, 4—164, 4—  
   168, 7, 8—175, 10—176, 6—177,  
   6—180, 7.  
 Rheumatism, Inflammatory 154, 8  
 Rhubarb Pie ... 310  
 Rice Fritters ... 288  
 Rice-Macaroni Soup ... 249  
 Rice Soup ... 249  
 Rice Water ... 335  
 Rissoles ... 284  
 Rolled Oates ... 238  
 Royal Macaroni ... 280  
 Royal Potato Salad ... 255  
 Royal Salad ... 256  
 Rye Bread ... 232
- S**ADAL OIL ... 48  
 Salads ... 252  
   Salernum, School of 126, 6—127  
 Salsify Fritters ... 288  
 Salsify Salad ... 256  
 Salt Rheum ... 176, 1  
 Salted Brandy ... 335—107, 1  
 Salt-Rising Bread ... 232  
 Saltpetre Treatment ... 130, 5  
 Sand Hearts (Cakes) ... 320  
 Sandwiches ... 298  
 Sassifras Treatment ... 122, 1  
 Sauces ... 269  
 Sauce for Apricot Pudding 301  
 Sauerkraut ... 262—110, 5  
 Savoury Sandwich ... 299  
 Savoury Wheat Dish ... 238  
 Scars, Treatment for ... 123, 1  
 Schmieskase ... 44  
 Scrambled Eggs ... 295  
 Scrofula  
   142, 2—144, 8—153, 8—165, 4—  
   175, 3—189, 3  
 Scurvy ... 133, 8  
 Seasonable and Economic  
   Studies ... 60  
 Sea-weeds ... 154, 1, 2  
 September (Hints of the  
   Seasons) ... 171  
 Sesame Oil ... 50  
 Sex Troubles, To Eliminate 70  
 Sex Troubles  
   98, 8—130, 1—142, 5—146, 6—  
   151, 8—152, 3—163, 9—168, 4—  
   170, 1
- Short Cake ... 320  
 Shredded Wheat ... 238  
 Simplicity Dressing... 268  
 Skin Action ... 136, 4—167, 4  
   Also see Perspiration.  
 Skin Food ... 174, 6  
 Skin Troubles ... 176, 1, 3  
 Slippery-Elm Bark Tea ... 335  
 Small Fruits ... 17—41  
 Soft Boiled Eggs ... 295  
 Sores ... 149, 4—159, 4  
 Soups ... 244  
 Soups, An Endless Variety of 251  
 Soup for Invalids ... 249  
 Soup Oil, Improved ... 49  
 Spaghetti Italienne ... 280  
 Spaghetti Sauce ... 280  
 Spaghetti with Tomatoes ... 280  
 Spamutta (Entrée) ... 281  
 Spanish Beans ... 262  
 Spanish Omelet ... 296  
 Spanish Rice (Entrée) ... 281  
 Spanish Spaghetti ... 281  
 Spanish Sweet-Corn ... 262  
 Spices, Condiments and ... 47  
 Spice Cure ... 73, 8  
 Spiced Condiments ... 74  
 Spinach ... 262  
 Spinach Salad (No. 1) ... 256  
 Spinach Salad (No. 2) ... 256  
 Spirituous Liquors ... 335  
 Spleen Troubles  
   130, 4—185, 5
- Sponge Cake ... 320  
 Spring (Hints of the Seasons) 118  
 Spring Season (Menus) ... 86  
 Spring, The Later Part of  
   (Directions) ... 90  
 Starch Poisoning ... 72, 3—73, 3  
 Steamed Brown Bread ... 232  
 Steamed Fruit Pudding ... 304  
 Steamed Wheat ... 239  
 Stomach Trouble  
   98, 9—117, 6—119, 2—120, 6—  
   124, 6—125, 8—130, 8—141, 5—  
   142, 3, 6—143, 4—147, 6—151, 2  
   —153, 5, 6—160, 1—164, 1—  
   168, 2—176, 4—177, 5—184, 8  
   —185, 5—186, 3—191, 5—226, 3  
   —239, 3  
 Strawberries ... 42  
 Strawberry Filling ... 320  
 Strawberry Tart ... 311  
 Stuffed Egg-Plant or Auber-  
   gine ... 263

Stuffed Mangoes or Bell Peppers ... ..	282
Stuffed Tomatoes ... ..	263
Sulphur Treatment ... ..	130, 4
Sultana Egg ... ..	296
Sultana Plum Pudding ... ..	304
Summer (Hints of the Seasons) ... ..	145
Summer Season (Menu) ... ..	90
Sun-Baked Bread ... ..	233
Sunflower Seed Oil ... ..	48
Sunshine Cake ... ..	320
" Swallowing " The Tongue ... ..	186, 3
Sweet-Corn ... ..	239
Sweet-Corn Fritters (No. 1) ... ..	288
Sweet-Corn Fritters (No. 2) ... ..	288
Sweet-Corn Timbales ... ..	260
Sweet Cream Dressing ... ..	268
Sweet Potato Soup ... ..	250
Sweet Sauce ... ..	270
Sweet Tart ... ..	311
Sweet Taste in the Mouth ... ..	336
Sweet Tomato Sauce ... ..	271
Swellings and Weak Joints ... ..	137, 2—144, 7
Swiss Eggs ... ..	296

<b>T</b> ABLE BREAD ... ..	233
Taharani (Entrée) ... ..	282
Tapioca Pudding ... ..	305
Tarotta (Cereal) ... ..	239
Tea, Preparation of ... ..	183, 1
Tea Cake ... ..	320
Tea Drinks ... ..	336
Tea for Invalids ... ..	77
Thinning Foods ... ..	70
Toast Water... ..	336
Tobacco Bath ... ..	136, 4
Tomatoes ... ..	263
Tomato (Egg) Scramble ... ..	296
Tomato Fritters ... ..	288
Tomato Ketchup ... ..	291
Tomato Salad ... ..	257
Tomato Sauce (No. 1) ... ..	271
Tomato Sauce (No. 2) ... ..	271
Tomato Soup ... ..	250
Treacle Cake ... ..	321
Treacle Tart ... ..	310
Tumours ... ..	133, 8—149, 4—192, 1
Turnips ... ..	263
Typhoid ... ..	160, 2

<b>U</b> NCOOKED PUDDING ... ..	305
Underwear ... ..	94, 3, 4—105, 5, 6—181, 5—182, 1

Unfermented Whole Wheat Bread ... ..	233
Urana (Entrée) ... ..	282
Uric Acid ... ..	117, 8—159, 2, 6—160, 5—176, 5, 6

<b>V</b> ALVULAR TROUBLES ... ..	165, 3
Vegefruit (Salad) ... ..	257
Vegetables ... ..	28—258
Vegetables (Combinations) ... ..	15
Vegetables, Green ... ..	64
Vegetable Coffee ... ..	336
Vegetable Dish ... ..	264
Vegetable Fritters ... ..	289
Vegetable Omelet ... ..	296
Vegetable Salad (No. 1) ... ..	257
Vegetable Salad (No. 2) ... ..	257
Vegetable Salad (No. 3) ... ..	257
Vegetable Soup ... ..	250
Vegetable Stew ... ..	250
Vitality and Mental Strength, For ... ..	69

<b>W</b> ALDORF SALAD ... ..	257
Walnut Butter ... ..	323
Warts ... ..	180, 4
Wedding Cake ... ..	321
Welsh Rabbit ... ..	283
Wheat Cake ... ..	321
Wheat Coffee ... ..	336
Wheat Dish (No. 1) ... ..	239
Wheat Dish (No. 2) ... ..	239
Wheat Gruel ... ..	239
Whey Treatment ... ..	103, 4
Whole Meal Bread ... ..	234
Whole Meal Muffins ... ..	321
Whole Wheat Mess ... ..	240
Winter (Hints of the Seasons) ... ..	94
Winter Season (Directions) ... ..	82
Winter Season, Menu for ... ..	81
Wisdom Coffee ... ..	337
Work and Overwork ... ..	54
Worms ... ..	99, 6—100, 6—120, 4, 5—143, 9

<b>Y</b> ELLOW FEVER ... ..	169, 6
Yokohama Eggs ... ..	297
Youlka Egg ... ..	297

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